



BENELUX LINK

May/June 2006

USAG BENELUX

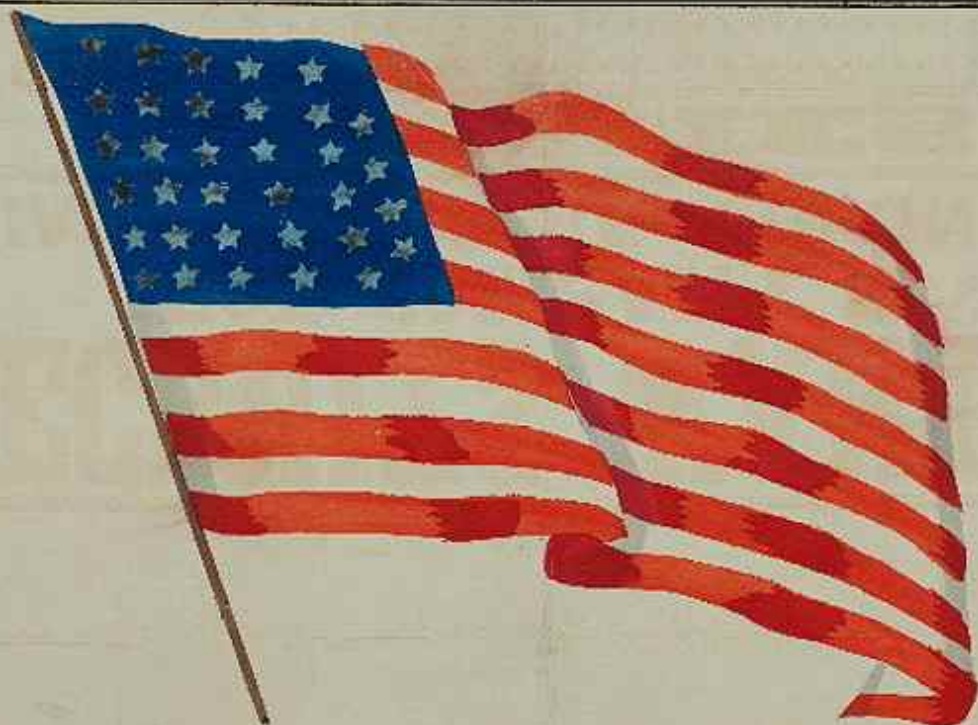
Chièvres Garrison, SHAPE, USAG Brussels, USAG Schinnen



CORCORAN ZOUAVES

4th REG'T EMPIRE BRIGADE!

Brig. Gen. SPINOLA, Command'g.



RECRUITS WANTED

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JAMES C. BURKE, COLONEL.

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Colonel Dean A. Nowowiejski
Commander, USAG BENELUX



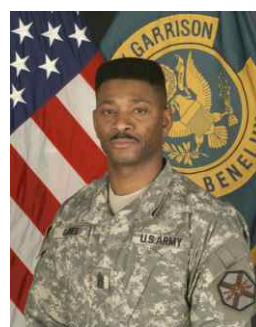
Commander's Column

Welcome to the BENELUX Link May/June 2006 edition. As we approach summer, we have many occasions to recognize and celebrate our rich American heritage, and to contemplate and show gratitude for the ultimate sacrifices of American servicemen and women.

During May we celebrate Asian Pacific heritage month, with a theme of Dreams and Challenges for Asian Pacific Americans. June celebrations include National Flag Day and the Army Birthday, both on 14 Jun, and the U.S. Army Garrison Benelux-sponsored Army Ball on June 24th. The Benelux web pages at www.usagbenelux.eur.army.mil provide additional information about the many other activities occurring in our garrisons during May and June.

The feature story for this edition of the BENELUX Link focuses on Memorial Day which traces its roots back to the post-Civil War era, designated as a day to honor the nation's Civil War dead. Over the years this day evolved into a broader recognition of the sacrifices of those who died in America's wars, and in 1971 Congress declared Memorial Day a national holiday. We are fortunate in the Benelux to have numerous local opportunities to pay homage to our service men and women at American cemeteries, including Neuville-en-Condroz, Henri-Chapelle, Waregem (Flanders Field) and Bastogne, Belgium; Margraten, The Netherlands; and Luxembourg Cemetery, Luxembourg. For additional information about these and other Memorial Day activities consult the American Battle Monuments Commission website at <http://www.abmc.gov/events>.

Memorial Day traditionally marks the start of the summer season. As the daylight hours get longer and we start spending more time in outdoor activities, please remember to practice summer safety. The Benelux web pages at the link listed above provide details of our summer safety campaign. Have a happy and safe summer!



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USAG BENELUX Command Sergeant Major



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Commander, USAG Schinnen



Lieutenant Colonel Patrick J. Kilroy
Commander, USAG Brussels



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Palmer, Alfred T. - 1942

Hollem, Howard R. - 1942

Sgt. 1st Class Johncharles Van Boers - 2004

The USAG Benelux publication, "BENELUX Link" is a bimonthly community information source and an addition to the Meteor-Heraut for command-sponsored and leisure-time activities.

Any questions or comments about this magazine, please contact the DMWR Marketing Team at DSN 361-5904.

There is no U.S. government endorsement of any commercial sponsor.

Although the information in the issue is current at time of publication, activities and events are subject to change. Please contact the activity for confirmation.

Please recycle this magazine after reading.



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Celebrate Memorial Day

By Stacy Nixon

Originally called Decoration Day, Memorial Day was first observed on May 30, 1868.

Although Memorial Day commemorated the dead from the Civil War, it gradually became a day to honor all American men and women who had lost their lives serving their country. With the National Holiday Act in 1971, Memorial Day's date changed to the last Monday in May, allowing for a three day weekend for the Federal holiday.

Traditionally, towns came together to show respect for the dead by tending to the upkeep of graves, displaying proper flag etiquette, and participating in spontaneous parades. Nowadays, Memorial Day Weekend is also spent doing many different activities, from relaxing on crisp blankets beneath blossoming trees to watching our favorite sports programs on the television. We enjoy wonderful unions with friends as we light the barbecues in our backyards and make travel plans to great destinations. But as your eyes reflect the vibrant hues of the season and the warm breeze of late May brushes your face, make a decision to make Memorial Day a day of remembrance.

Remember to honor our fallen soldiers that attended family picnics vicariously through their loved ones' letters. Give thought to our American heroes who fought bravely on fields so cold the ice froze on their boots as they moved, before you satiate your palate with that hamburger with all the "fixin's." Respect the men and women who stood courageously on the cracked ground, surrounded by air so dry it chapped their lips as they licked them, before you dive into that crisp, cool lake. And do more than remember. Do more than think. Do more than feel. Act. Take time this Memorial Day to observe a moment of silence; plant a flag at an American Cemetery; attend a Remembrance Parade; or tell of the priceless gift you've received from more than one million Americans who paid for your freedom with their lives.

So rejoice, celebrate and commemorate those who gave their all on Memorial Day, May 29, because we are free!



ARMY COMMUNITY SERVICE

Bldg. 39, Schinnen
 DSN 360-7500; CIV 046 443-7500
 Outside Holland, call:
 CIV 0031-46-443-7500
 Mon-Fri, 8 a.m. - 5 p.m.
 You can contact ACS 24/7 at:
ACS-Schinnen@benelux.army.mil

Take advantage of these great opportunities to enrich your life. Call ACS today to sign up and register for our wide range of classes and programs.

Relocation Assistance Program

DSN 360-7512; CIV 046-443-7512

Newcomer's Orientation Tour

Second and fourth Friday of the month, 9 a.m. - 3:30 p.m.

Familiarize yourself with the Tri-border area by visiting military and civilian sites. We'll give you the information needed to ease your transition and lessen your stress.

Sponsorship Training

Every third Wednesday of the month, 2 p.m. - 3:30 p.m.

Learn about becoming a sponsor for new people coming into the area. We offer a monthly class for soldiers and civilians who have been appointed to sponsor a newcomer.

International Spouses Orientation

ACS Conference Room
 Last Wednesday of the month, 2 p.m.- 3 p.m.

Foreign born spouses coping with cultural differences and military life can receive support and assistance at this class.

Family Advocacy Program (FAP)

DSN 360-7500; CIV 046-443-7500

Friday Family Film Night

DSN 360-7367; CIV 046-443-7367
 Fri, 6:30 p.m.

In the ACS Conference Room, we offer a free dinner followed by thought provoking films to stimulate discussion among family members on topics such as parenting, relationships, and teenage issues. Call to make a reservation.

FAP Prevention Education

Classes are free and on a first come first serve basis. Pre-registration is required.

ARMY COMMUNITY SERVICE**Get a Grip Series**

Student meet Tue, 3:30 p.m.- 4:30 p.m. at AFNORTH International School. Couples meet Tuesday evenings, 6 p.m.- 8 p.m. ACS, Schinnen.

Get a Grip on Building Relationships

This workshop is packed with techniques that can help people get along better with friends, family, teachers, and at the workplace.

Get a Grip on Communicating

Participants will come to understand the importance of learning and using effective communication skills. Effective verbal and non-verbal communication will be explored.

Get a Grip on Anger

This is a hands-on workshop to deal constructively with anger. Learn strategies to help calm things down in your life.

Get a Grip on Teenage Stress

Discusses causes and methods of coping with the persistent onset of stress.

**New Parent Education and Support Program (NPSP)**

DSN 360-7335; 046-443-7335

Birth, Breast-feeding and Beyond

Begins June 13, 6 p.m.- 8 p.m. Schinnen, Sports Center
 Invaluable information on childbirth, infant nutrition and newborn care in a six class series.

Play Mornings

Schinnen, Sports Center
 Thu, 9:30 a.m. - 11:30 a.m.
 This interactive and educational playgroup is designed to develop parenting skills and give parents and kids a chance to socialize.

ARMY COMMUNITY SERVICE**OB Orientation/Prenatal Education Class**

June 13, 10 a.m. - noon
 Geilenkirchen Clinic Conference Room. Learn about cultural differences, giving birth overseas and community resources.

Breast-feeding Support

Third Wednesday of the month, 10 a.m. - 11 a.m.
 Schinnen, ACS Conference Room
 Dedicated to providing education, information, support, and encouragement to women who want to or are already breast-feeding.

Heerlen Hospital Tour

DSN 360-7335; CIV 046-443-7335
 Visit the labor and delivery unit and meet with OB labor and delivery nurses. Transportation is provided. Please contact NPSP to register.

Employment Readiness

DSN 360-7269; CIV 046-443-7269

Finding Employment Workshop

Tue, 10 a.m. - noon.
 Please sign up with ACS.
 Gain knowledge about job searching skills and where to find employment within the area.

Hands on Resume/Resumix Workshop

ACS Resource Lab
 Tue, 2 p.m. - 4 p.m.
 Learn how to create, store, and send a resume online, and how to apply for federal government jobs.

Deployment and Mobilization Readiness

DSN 360-7218; CIV 046-443-7218

Webcams, VTC and Morale Phone Calls

In cases of deployment, TDY, PCS move, hospitalization or any other event that might separate you from your family and make you lonely or homesick, ACS now has free live webcams and VTC available. Use them when you want to share special moments such as a new baby, a graduation or birthday greetings. The service is offered daily, but only by appointment. Please call in advance.

Deployed Coffee Hour/Tea

May 10, 23 and June 14, 27
 10 a.m. - 11 a.m.
 Families and friends of deployed Soldiers get together in the Yellow Ribbon Room and enjoy conversation, coffee or tea and treats.

ARMY COMMUNITY SERVICE

Operation Ready Training

NEW! Provides resources for any upcoming separations no matter what they are. May 24 and June 28, 3 p.m.- 4 p.m. in the ACS Yellow Ribbon Room. We know how long the drive can be, so we visit Rotterdam on May 17 and June 21.

Financial Readiness and Army Emergency Relief

DSN 360-7450; CIV 046-443-7450

Financial Readiness Classes

Third Wednesday of the month, 10 a.m. - 11:30 a.m. The class covers banking and credit union services, budget development, record keeping, debt liquidation, insurance and more.

Financial Focus

Second Wednesday of the month, 10 a.m. - 11:30 a.m. Two part class for first term Soldiers. Part one covers check writing and record keeping. Part two is a financial readiness class for all junior enlisted. Get tips on how to stretch your dollars.

One-on-One Financial Counseling (Off-Site)

AFNORTH Battalion Conference Room, 2 p.m. - 4 p.m. Second and fourth Wednesday of the month. Receive specialized help and support on subjects ranging from understanding your local utility bills to advice on your personal finances. Please call for times offered at the Rotterdam Community Center.



ARMY COMMUNITY SERVICE



Army Family Team Building (AFTB)

DSN 360-7464; CIV 046-443-7464

Designed by families for families, AFTB, in short, is free basic training for personal and professional development. The AFTB program offers a full spectrum of helpful one hour courses conducted at the ACS Conference Room.

AFTB Classes for May/June

May 4, noon - **Personal Growth: Time Management**
May 12, 9:30 a.m. - **Benefits, Entitlements, and Compensation**
May 18, noon - **Marketing Volunteer Experience**
May 25, noon - **Intro to Military Customs and Courtesies**
June 1, noon - **Family Readiness Group**
June 2, 9:30 a.m. - **Networking Community Agencies/Building a Resource Library**
June 16, 9:30 a.m. - **Military Grade and Command Structure**
June 22, noon - **Basic Military Benefits and Entitlements**

Volunteers are needed! Help teach the training modules, provide on-site childcare, and perform administrative duties in support of AFTB.

Army Volunteer Services

DSN 360-7451; CIV 046-443-7451
Come share your skills with the community. Get involved and help promote community well being. For Volunteer openings contact the Army Volunteer Corps Coordinator.

TAP Workshop

DSN 360-7269; CIV 046-443-7269
Transition Assistance Program hosts a three-day workshop June 6 - 8, 9 a.m. - 4 p.m. in the ACS Conference Room. Learn the skills necessary for effective job searching and successful interviewing. Please call to register.

ARMY COMMUNITY SERVICE

Exceptional Family Member Program (EFMP)

DSN 360-7371; CIV 046-443-7371
An exceptional family member is a family member (child or adult) with a physical, emotional, developmental, or intellectual disorder requiring special treatment, therapy, education, training, or counseling. In short, EFMP offers advocacy for family members with special needs. Please contact us for additional information.

CHILD & YOUTH SERVICES

Programs are open to all U.S. and NATO ID card holders. All children and youth must be registered through Central Enrollment and Registration (CER) to use our services. A yearly registration fee is required. CER enrolls children in programs and maintains waiting lists when needed.

Parents Education Classes

Lunch Time Brown Bag Sessions
USAG Schinnen CYS staff
AIS Library
DSN 364-6221; CIV 045-563-6221
May 3, Summer Youth Programs
June 8, Successful Transition to a New School

Central Enrollment and Registration (CER)

Treebeek Education Center
DSN 364-6221; CIV 045-563-6221
cys.schinnen@benelux.army.mil
Mon - Fri, 8 a.m. - 3 p.m., walk-ins
Mon - Fri, 3 - 5 p.m., appointments
Closed U.S./NATO holidays

Family Child Care

Treebeek Education Center
DSN 364-6221; CIV 045-563-6221
Full day/extended/hourly care for infants up to sixth grade. Call for information on child care.

Family Child Care Providers are needed. Would you like to work at home taking care of children in your government leased quarters? Call today for an application and further information.

CHILD & YOUTH SERVICES**Child Development Center (CDC)**

JFC HQ Brunssum
DSN 364-2575; CIV 045-526-2575
Full day care for infants and kindergarten children.
Part Day Preschool (three to five year olds) and hourly care are also available with a reservation.
Register at Central Enrollment.

School Age Services (SAS)

JFC HQ Brunssum,
DSN 364-3004/2575
CIV 045-526-3004/2575
Before and after school care, first through fifth and sixth grades.
Full day care on school out days.
Hourly care is also available.

Youth Services (YS)

Bldg. H603, JFC HQ Brunssum
DSN 364-3008; CIV 045-526-3008
Mon - Fri, 3:30 - 6 p.m.
School Out Days, 8 a.m. - 6 p.m.

Youth Sponsorship

Ease your transition into the community by requesting a youth sponsor. Want to become a sponsor? Free training is available. Call YS or email us at:
cys.schinnen@benelux.army.mil

Technology Labs

YS and SAS have brand new technology labs. Come check out all the new computer games like Rollercoaster, Tycoon II, Sims City IV, Tetris Works, and Flight Simulator.

Homework Help

YS and SAS have instructors to help the children with their homework during the after school program.

IMA-E European Baseball Championships (Big League)

Eight teams battle over Memorial Day Weekend, May 26 - 28, for the coveted IMA-E title.

Register the last two weeks of May for Summer Basketball. Open to ages six to 15 at a cost of \$15. For full details please call CIV 045-563-6056 or CER in Treebeek at CIV 045-563-6221.

CHILD AND YOUTH SERVICES**School Liaison Services**

Treebeek Education Center
DSN 364-6141; CIV 045-526-2575
Good information on school transitions, reduced price lunch program, and youth sponsorship.

Job and Volunteer Opportunities at CYS:

Program Assistants work with infants through high school. Salary is linked to training and experience. Free training is provided. **Volunteer Head Coaches** receive free and discounted sports enrollment for their children. **Volunteers** are always welcome in our programs to hold a baby, play with a child, or teach a skill to a teen. Contact Central Enrollment and Registration at DSN 364-6019 or CIV 045-563-6019 for more information.

**COMMUNITY RECREATION
In Recreation Plaza**

Recreation Plaza features a Bowling Center, the Memories Lane Lounge, Children's Play Center, the Pin Point Café, Harry's BBQ, an adult recreation room with game machines, and the Andre Bruls Fitness Center.

Schinnen BOWLING CENTER

Bldg. 40, Schinnen
DSN 360-7207
CIV 046-443-7207
Wed - Sat, 11 a.m. - 9 p.m.
Sun, 11 a.m. - 6 p.m.
The Schinnen Bowling Center offers a 12-lane house with Cosmic Bowling, league bowling, and open bowling. Get together with friends in the Memories Lane Lounge every Fri at 4 p.m. for **Social Hour** and munch on some delicious free finger foods. Exciting **Cosmic Bowling** follows, getting underway at 6 p.m. Bowl weekdays for \$1/game
Wed - Fri, 11 a.m. - 4 p.m.

Good Grades Get Free Games!

Bring your latest school report cards and get a free game for each A or B you earned. It doesn't take an Einstein to see this is one sweet deal.

COMMUNITY RECREATION**101 Days of Summer**

Hey kids, here's another outstanding deal. This is your chance to win a trip for four to an Aly & AJ Concert or for you and 100 of your closest friends to see a private screening of "How to Eat Fried Worms" or to win some great prizes. Not only do you get a shot at winning, you bowl one game and get one free during this promotion. May 27 - September 4

Harry's BBQ

Schinnen Bowling Center
DSN 360-7527; CIV 046-443-7527
Tue, 11 a.m. - 2 p.m.
Wed, 11 a.m. - 8 p.m.
Thu - Fri, 4 p.m. - 8 p.m.
Sat, 11 a.m. - 6 p.m.
Sun, noon - 4 p.m.

Renowned for Harry's succulent baby-back pork ribs. **NEW!** Pork chops platter and Shoarma on a bun.

Pin Point Cafe

Schinnen Bowling Center
DSN 360-7527; CIV 046-443-7527
Wed - Fri, 11 a.m. - 8 p.m.
Sat, 11 a.m. - 6 p.m.
Tasty chicken baskets, delectable sandwiches, and the best burgers in town.

**101 DAYS OF SUMMER**

Win A Trip, Learn How to Eat Fried Worms & Much More!

MAY 27 - SEPTEMBER 4

LIBRARY

JFC HQ Brunssum
DSN 364-2669; 045-526-2469
Tue - Wed, 10 a.m. - 8 p.m.,
Thu - Fri, 10 a.m. - 6 p.m.
Sat - Sun, noon - 4 p.m.

www.JFCBrunssumlibrary.eur.army.mil

This year's Summer Reading Program will pursue two imaginative themes: "**Paws, Claws, Scales and Tales**" for school age children and "**Creature Features**" for teens.

Participants can register for the program beginning June 27 and are eligible to receive a variety of prizes based on the number of books read. Preschool children may earn prizes by having books read aloud to them. Please call for full details.

MWR TRIPS AND TOURS

Andre Bruls Fitness Center
DSN 360-7561; CIV 046-443-7561
Take the worry out of travel and relax on any of our fun summer outings. Trips are open to all U.S. and NATO ID card holders

Note: For NATO ID card holders to get onto Schinnen, they must have an IACS pass, which can be obtained through their delegation commanders.

Sun, May 14

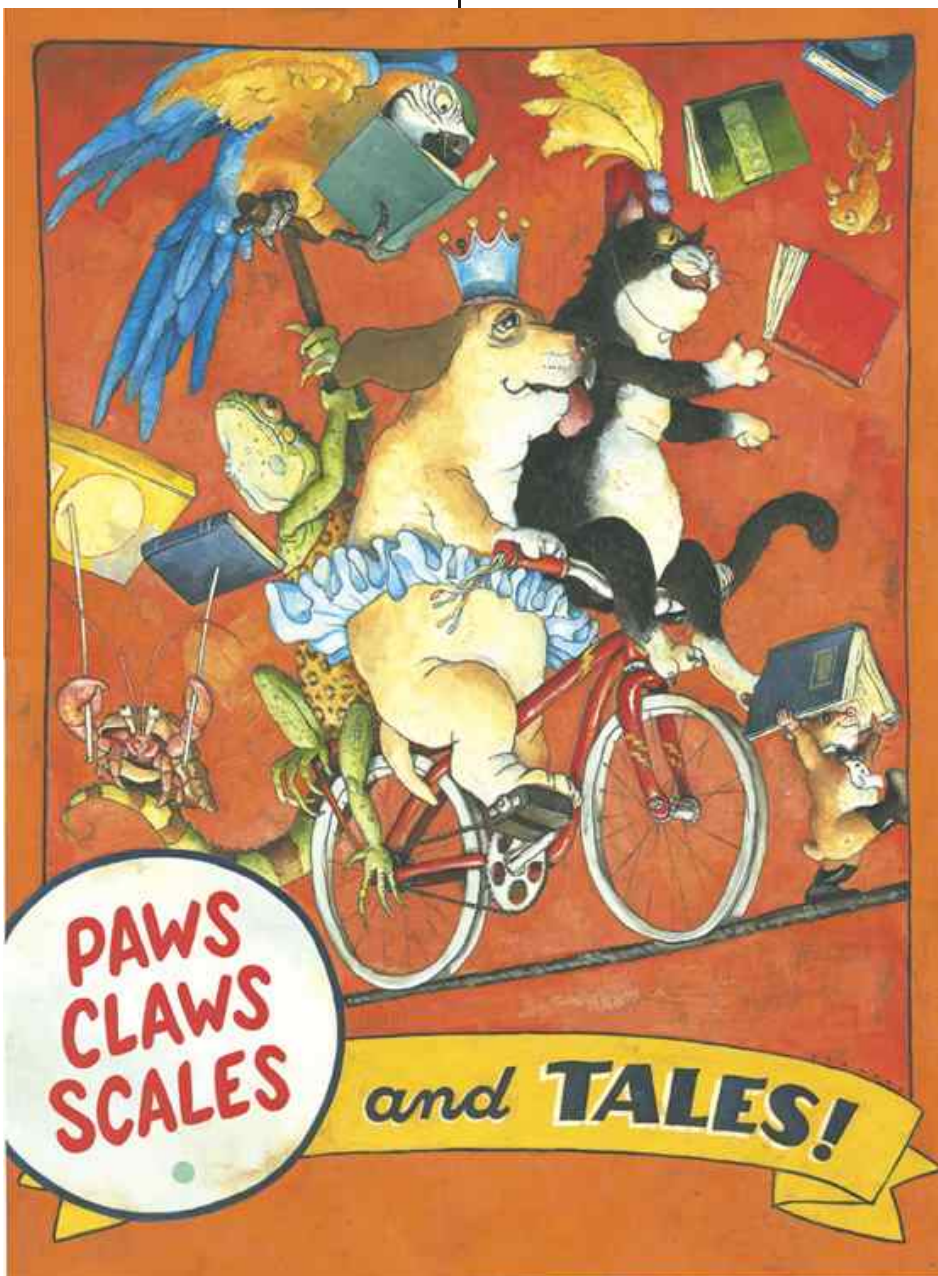
Take a Mother's Day trip to the spectacular **Keukenhof Garden**, the largest floral display in the world. Price is **\$49** for adults, **\$39** for children (four - 11 years) and **\$29** for children under three.

Mon - Wed, June 5 - 7

D-Day trip to Normandy

Two overnights with breakfast at a 3-star hotel on the boardwalk. **\$249** per person/dbl with a single supplement of **\$75**. We will visit historic spots such as Omaha and Utah beaches.

For our July trips to **Lourdes, Paris and Rotterdam**, please see our ad in this issue.

**SATO TRAVEL**

Schinnen, Bldg. 4
DSN 360-7482; CIV 046-443-7482
Mon - Fri, 8 a.m. - 5 p.m.

SATO Travel is a full service travel agency for military, government, and personal travel. We offer services such as airline and train reservations as well as tickets and information on trips and tours. How about a cruise this summer?

TAX RELIEF OFFICE (VAT)

Schinnen, Bldg. 46, next to Community Bank.
DSN 360-1780; CIV 046-443-1780,
Mon - Fri, 8 a.m. - 4:00 p.m.

MOVIE THEATER/ALLIANCE

JFC HQ Brunssum
DSN 364-2110; CIV 045-526-2110
Fri - Sun
Box Office Opens 6:30 p.m.
Movie at 7 p.m.
Saturday Matinee at 4 p.m.

Register for the **Summer Reading Program**
at your local library today!

ARTS & CRAFTS CENTER

Bldg. H607, JFC HQ Brunssum
DSN 364-2454
CIV 045-526-2454
Tue - Thu, 10 a.m. - 5 p.m.
Wed, 10 a.m. - 9:30 p.m.
Sun, 1 p.m. - 5 p.m.

Class times and dates are generally flexible and are often selected based on an interest list. Call or drop by to reserve a spot in the following classes.

Fine Art

Thu, 10 a.m. - noon.
Painting (oil, acrylic, egg tempera, water color) and drawing (pencil, pastel, chalk, charcoal).

Assorted Posters for Sale

We have over 65 different standard size posters for sale in the Custom Frame Shop at just €5 each.

Book Binding and Linen and Leather Workshop

Wed, 6 p.m. - 9 p.m.
Sign up for three three-hour workshops and learn the rare art of book binding. Finish two books, including materials, for €37.

Book Restoration Class

In this three hour class you'll discover the art of book restoration. Please come to the craft shop to see the beautiful examples.

Computerized Engraving

This is the perfect place for you to engrave plaques, signs, plates, outdoor signs, door plates or diplomas.

Basic Matting and Framing Workshop

Wed, 5:30 p.m. - 8:30 p.m.
You will learn how to frame your pictures, prints, artwork and collectibles. Instruction covers how to select molding and mat colors, and how to accurately measure and cut mats and glass. The workshop cost is €35.

Rubber Stamp Art, Stained Glass Course, Dry Brush Ceramic Painting

Call for times and dates.

Bobbin Lace Class

Lace made on a pillow with bobbins is a very old craft dating from Elizabeth I. Learn the history and the techniques from our experts. Call for times and dates.

ARTS & CRAFTS CENTER

Scrap Booking

Looking for some easy organizational ideas? Learn how to create an interesting album.

NEW to the Ceramic Shop?

To use the facility, you must complete this beginner ceramic pouring class offered Wednesday. Gary instructs you on mold and tool use and cleaning techniques. Upon completion, you'll receive a firing number which allows you future access to the facility.

Basic Ceramic Painting Class

Sign up to learn three different painting styles. Please bring an item to paint in class.

Gem Tree Class

€11 includes all materials and instruction on how to make a great gift.

Custom Frame Center

Bldg. H607, JFC HQ Brunssum
DSN 364-3821; CIV 045-526-3821
The Center has ready-made frames and mats in many sizes and styles for immediate pick-up. We will be happy to special order that perfect frame and help showcase your pictures, prints and posters. We also offer dry-mounting, laminating and shrink wrapping, and can suggest the best way to preserve and frame your treasures.



FITNESS & SPORTS

Bldg. 38, Schinnen
Andre Bruls Fitness Center
DSN 360-7561; CIV 046-443-7561
Mon - Fri, 6 a.m. - 8 p.m.
Sat, Sun, and holidays
9 a.m. - 5 p.m.

Body Relax

Thu, 5 p.m. - 6 p.m.

Spinning Classes

Fri, 11:30 a.m. - 12:15 p.m.

Tae Bo Classes

Mon/Wed/Fri
5:30 p.m. - 6:45 p.m.

Be sure to ask about our other courses in circuit training and racquetball.



Racquetball Tournament

May 27 - 28

DSN 360-7560; CIV 046-443-7560

This tournament is open to all nationalities in the following categories: men and women (open, B and C) and masters (ages 30+, 40+, 50+). Please register by May 24 before 3 p.m. Fee is \$20. European players should include full name, passport number, birth date and address. For details contact Joe Lewis.

INDOOR SWIMMING POOL

Located next to the Arts and Crafts Center on JFC HQ Brunssum.

DSN 364-3172; CIV 045-443-3172

Tue - Fri, 4 p.m. - 7 p.m., and
Sat - Sun, noon - 4 p.m.

Enjoy the indoor pool and take advantage of a variety of classes to include scuba diving and water aerobics. Catered parties and special events are available for a fee, Fri, 7 p.m. - 9 p.m. and weekends 4 p.m. - 6 p.m.

Lap Swim, Mon - Fri, 7 a.m. - 8 a.m.
Public/Family Swim,
Tue - Fri, weekends,
3 p.m. - 6:30 p.m.

The Andre Bruls Fitness Center on
USAG Schinnen The Netherlands will host a

Racquetball Tournament

27 - 28 May

Saturday/Sunday beginning at 9 am

The Bruls Fitness Center is a beautiful facility
featuring regulation courts with glass walls.

The tournament is open to everyone
(all nationalities) in the following categories.

Men - Open, B and C

Women - Open, B and C

Masters - ages 30+, 40+, 50+

Please register by 24 May
before 3 p.m. Sorry, no exceptions.

You can register by phone, fax or email.

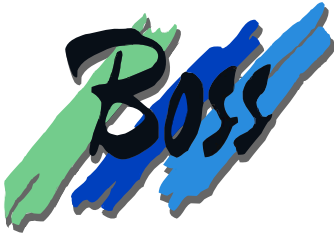
Registration fee is \$20. European players, when you register, please
include your full name, passport number, birth date and address.

Phone or FAX: DSN 360-7560 / 0031-046-443-7561
email: joe.lewis@benelux.army.mil



MWR/BOSS Office

Treebeek Education Center
Room 132
DSN 364-3877; CIV 045-526-3877



BOSS meets at 3:30 p.m., May 10, June 7 and 21 at the Treebeek Education Center, and May 24 in the Geilenkirchen Conference Room.

BOSS Flea Market

Your chance to unload what you don't need and get what you want. It takes place at the Schinnen Sports Center. Shopping gets underway at 9:30 a.m. on Sat, June 3. Please register for tables beforehand with your BOSS representative. Fee is \$5 per table.

AUTO CRAFT SHOP

JFC Brunssum
DSN 364-3173; CIV 045-526-3173
Tue, 8 a.m. - 4 p.m.
Wed, 9 a.m. - 5 p.m.
Thu, noon - 8 p.m.
Fri - Sat, 8:30 a.m. - 4:30 p.m.

ROTTERDAM PROGRAMS AND ACTIVITIES**Director of Morale, Welfare and Recreation (DMWR) Office**

DSN 362-2420; CIV 010-459-2420
If you have any questions about the following activities, please contact our office. We are planning a Memorial Day weekend trip to Normandy.

Family Readiness Group (FRG) MWR Coordinator

DSN 362-2493; CIV 010-459-2493
Our Community Room is open 24 hours a day.
Soldiers and families benefit from helping one another cope with the rigors of Army life. The FRG can be a shoulder to cry on or an ear to listen. Drop by anytime.

ROTTERDAM PROGRAMS AND ACTIVITIES**Arts & Crafts**

DSN 362-2457; CIV 010-459-2457
Mon - Fri, 9 a.m. - 4 p.m.
Summer vacation is a good time of year to take advantage of our excellent facilities. We also offer a large selection of sports equipment rentals.

Library

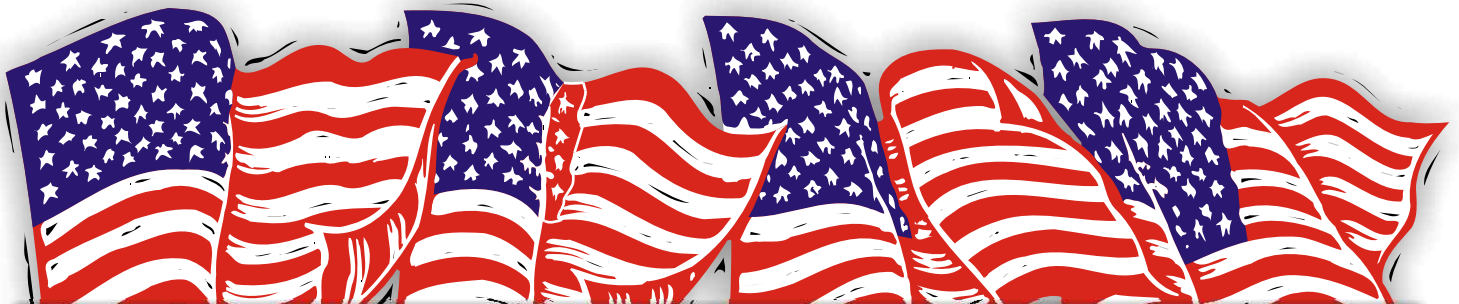
DSN 362-2454; CIV 010-459-2454
Mon - Fri, 10 a.m. - 6 p.m.
Closed 1 p.m. - 2 p.m. for lunch

HAL'S Lounge

Socialize with friends
Mon - Thu, 2:30 p.m. - 8 p.m. and
Fri, 4:30 p.m. - 10 p.m.
Don't miss BOSS movie nights
Sat, May 27 and June 24.

Fitness Center, Weight Room, Car Wash and Car Lift

All facilities are open 24 hours a day for your convenience.

**PEOPLE IN YOUR COMMUNITY**

by Ellison Meier

Chris Holmes is no stranger to childcare as she has three children herself ranging in age from three to eleven. She became a Family Childcare Provider five years ago and says she really enjoys the work. "It's like my calling," she said. That certainly would be confirmed by a recent visit from the IMA-E Regional Child and Youth Evaluation Team when Chris received an excellent rating in her annual inspection. Chris is originally from Columbia, South Carolina and is here with her husband who is stationed at HQ JFC Brunssum. She says she likes the local small community environment. Child Care Providers earn between \$318 and \$490 a month per child with subsidies of \$75 per month for food and \$75 to \$200 per month when care is for infant/toddlers. Providers also have professional development opportunities such as earning a Child Development Associate (CDA) certificate and continuous training through the Family Childcare Office. Providers must live in government leased housing and can care for up to six children on an hourly or full time basis. If you are interested in doing fulfilling work as a Family Childcare Provider like Chris, you should call CIV 045-563-6019 or DSN 364-6019 for full details.



ARMY COMMUNITY SERVICE

ACS, Bldg. 4, top floor
DSN 368-9783; CIV 02-717-9783
Mon - Fri, 8 a.m. - 5 p.m.

**New ACS Receptionist**

Let us introduce you to Michelle, our new Information & Referral Specialist! She will be happy to welcome you at the ACS reception desk! Come visit us to pick up community event flyers, program brochures, free copies of the BENELUX Link publication, the Meteor-Heraut newspaper, and the Connection magazine. Stop by to receive information on USAG Brussels agencies, process Makro cards and to sign up for classes.

Changes in accessing the "Military One Source" Web site

Military OneSource online has launched a new registration process called membership. Users of the Military OneSource Web site will now be required to create their own unique user identification and password to gain full access to the site. This change will improve user access to the site by eliminating the need for users to learn the branch-specific user identification and password. Military OneSource users that have previously created personalized accounts will continue to log on using their personal identification and password. This change is effective immediately.

If you have forgotten your password you must follow the link to "Get a reminder of your login information." Follow the directions and your password will be sent to you via e-mail. If you are new to Military OneSource, you will need to create a membership, which takes less than a minute to complete.

To create a membership, go to the Military OneSource homepage at www.militaryonesource.com and select "My Military OneSource/Sign-up." Once completed you will receive an e-mail confirmation from Military OneSource. Once you've received your confirmation, simply log-in and you will be sent directly to your branch-specific Web page.

ARMY COMMUNITY SERVICE**Listen to CD's from MOS On-Line**

A new online feature has been integrated into Military OneSource online. Soldiers and family members now have the ability to download and listen to award winning CD's directly from the Web site. This new feature is one of several the Ceridian company is working on to offer innovative Web-based solutions and is designed to provide soldiers and family members with immediate access information.



They can listen to or download tracks, even an entire CD onto their computer. Text versions can be viewed and printed. Hard copies of the text versions as well as CD's may be ordered. For added convenience, tracks can be downloaded to an iPod or Mp3 player. To access a CD online, "click" on any CD from a resource room with an option to "listen/download." From there an easy-to-use interface makes it simple to listen and download materials.

Free Computer Classes

DSN 368-9783; CIV 02-717-9783
Come to the USAG Brussels community computer lab for the following free workshops:

MS-Word: Mon, May 15, June 12 and September 5; 9 a.m. - 1 p.m.

MS-Excel: Tue, May 16, June 13 and September 6; 9 a.m. - 1 p.m.

MS-PowerPoint& MS-Outlook: Wed, May 17, June 14 and September 7, 9 a.m. - 1 p.m.

MS-Access: Thu, May 18, June 15 and September 8, 9 a.m. - 1 p.m.

Audience is limited to Tri-Mission family members (ID card holders) actively seeking employment and willing to learn the skills necessary to use computer programs. Call ACS to register.

ARMY COMMUNITY SERVICE**Metro Madness Outing**

DSN 368-9729; CIV 02-717-9729
The easiest way to travel around the Brussels capital region is to use the public transportation system. To find out more, attend the next *Metro Madness* class on Friday, March 23, 9:30 a.m. - 2:30 p.m. This popular ACS class, followed by an exploratory trip, will assist you in becoming acquainted with the Tram, the Pre-/Metro, and the Bus. Meeting place is the ACS office located at the USAG Brussels Bldg. 4, top floor, at 9:25 a.m. Limited to 10 people. Please call to register. Metro Madness classes are offered on a monthly basis on Fridays.

Consultation Services by Military One Source

Did you know that Military OneSource provides advice and useful information such as financial planning, retirement, disability, parenting and childcare? For more information call Military OneSource and speak with a consultant. From the United States dial 1-800-342-9647; overseas toll free dial: access code (*) 800-3429-6477; deployed and from remote areas call collect: 484-530-5908. For Spanish dial: 1-877-88-0727. TTY/TDD accessible at: 1-866-607-6794. *Please note that callers from Europe need to dial 00 before dialing the overseas toll free number.

Transition Assistance Program

USAG Brussels, Bldg. 2,
Conference Room
DSN 368-9783; CIV 02-717-9783
June 6 - 8, 9 a.m. - 4 p.m.

The Transition Assistance Program or TAP is open to all military members, their spouses, and civilians contemplating leaving government service. It includes a pre-separation briefing and a career transition workshop. The pre-separation briefing reviews the benefits and services available to military service members and their families as they transit from the service. The career transition workshop will cover such topics as interviewing, reviewing job offers, support and assistance, career exploration, strategies for an effective job search and much more. A remote services program is now available at www.acap.army.mil.

ARMY COMMUNITY SERVICE**VA Benefits**

DSN 368-9783; CIV 02-717-9783
USAG Brussels is hosting two seminars on VA benefits. Representatives from the Department of Veterans Affairs will discuss topics such as education benefits, life insurance, home loans, health care, death and survivor benefits, compensation for service, vocational rehabilitation and employment, disabilities and more. Join us May 16, 2:30 p.m.- 4:40 p.m. or July 12, 10 a.m. - noon. Call to register. Please note that while briefings are primarily for the benefit of active duty military personnel, family members and retirees are always welcome to attend!

Army Family Team Building (AFTB)

DSN 368-9783; CIV 02-717-9783
Army Family Team Building (AFTB) is a volunteer organization which provides training and knowledge to spouses and family members of active duty military personnel to support the total Army effort. AFTB's mission is to educate and train all of the community who is interested in learning more about the Army lifestyle. Advanced sign up is required. Free limited childcare is provided to participants and volunteers.

Exceptional Family Member Program

DSN 368-9693; CIV 02-717-9693
EFMP can be a positive resource for your family, despite the stigma attached to it in the past. EFMP covers everything from asthma to xenophobia. USAG Brussels EFMP is working on improving the health and welfare of the military family. Currently, the EFMP staff lead by Terry, a licensed clinical social worker, is collaborating with the NATO Health Clinic and the BAS school nurse in order to generate fitness awareness and promote a healthy lifestyle for children. If you have any questions, comments or suggestions give us a call or stop by our office.

Army Volunteer Corps (AVCC)

Bldg. 4, top floor, Room 306
DSN 368-9679; CIV 02-717-9679
The reception to honor our community volunteers will be held on Friday, June 2, 6 p.m. - 8 p.m. The volunteer award ceremony will be held in conjunction with the annual Independence Day celebration on Sat, July 1. Give us a call to find out more.

ARMY COMMUNITY SERVICE**"AS FARAS POSSIBLE" WITH AFAP!**

DSN 368-9643; CIV 02-717-9643

The Annual Brussels Tri-Mission Community AFAP (Army Family Action Plan) Forum results are in!



Top three most improved services
in the Brussels Community since the 2005 AFAP:

1. Special Events

Improved programming and outreach services.

2. Multi-Craft Center

Increased program offerings and visibility in the community.

3. Sports & Fitness Center

Improved overall organization, increased variety of fitness classes, upgraded equipment, facilities, and adjusted opening hours.

Top four most valuable services**1. APO**

Provides reliable, inexpensive services facilitating contact with the United States.

2. BAS (Brussels American School),

Offers high standard education through quality instruction, small classes, and attention to cultural and safety issues.

3. AAFES Shoppette

Provides U.S. products at reasonable prices, offers an online catalog, and has convenient opening hours.

4. NATO Health & Dental Clinic

Offers quality medical services through its professional staff and adheres to U.S. health care standards.

ARMY COMMUNITY SERVICE**Emergency Placement Care Program**

DSN 368-9693/9783
CIV 02-717-9693/9783

ACS is looking for providers for the Emergency Placement Care Program. Help support the Brussels American Community by providing children in crisis with a safe and caring environment. Certification and training are provided and costs are reimbursed. For more information about this short-term intervention program, please contact the NSA, ACS Soldier and Family Readiness Program Manager.

Financial Readiness

Bldg. 4, top floor, Room 325
DSN 368-9698; CIV 02-717-9698

AER - Army Emergency Relief

www.aerhq.org

For military families and service members experiencing an emergency and needing additional funds, AER may be able to help. This private, non-profit organization can provide interest free loans, and grants for long-term financial hardships to assist service members with emergencies. ACS coordinates the AER program at Brussels. Visit the AER website for details.

New Parent Education & Support Program (NPESP)

Bldg. 2, Room 256, Chapel area
DSN 368-9684; CIV 02-717-9684

Prenatal Classes

May 15/22/30, 6 p.m. - 8 p.m.
The new Parent Education and Support Program provides ongoing prenatal classes. If you are expecting a baby, or if you have questions about having a baby in Belgium, sign up for this class! The following are just some of the topics we cover: having a baby in Belgium, stages of labor, interventions, labor signs, epidural, relaxation techniques and men's role. Call ACS to sign up in advance.

ATM Machines

Please note all AFCU
ATM's will now
have a \$1.50 surcharge
for all non-AFCU
cardholders.

ATM Machines

ARMY COMMUNITY SERVICE**Infant CPR & First Aid**

Fellowship Hall, Chapel area, Bldg. 2
May 17 and June 12, 10 a.m. - noon
Are you prepared to save your infant's/child's life? Not sure how to avoid children's injuries inside and outside your home, or even how to handle an emergency? Learn CPR, rescue breathing techniques, and basic first aid treatment for children under eight years of age. Advance sign up with ACS is required.

Infant Massage

Fellowship Hall, Chapel area, Bldg. 2
May 10 and June 19, 11 a.m. - noon
With this nurturing touch class, discover the ways in which baby massage can benefit both you and your baby. Learn how to use soothing massage to aid sleep and restlessness. It's also a great way for you and your baby to relax and have fun together! Call ACS to sign up.

Toddler Playgroup Schedule

DSN 368-9684; CIV 02-717-9684
The most popular New Parent Education & Support Program, Playgroup, is offered every Tuesday and Friday, 10 a.m.- noon, at the Performing Arts Center, Bldg. 4, ground floor. No sign up is required. Come have some fun with your kids and meet other parents! For more information, call Elsa or stop by the office located in USAG Brussels Bldg. 2, across from the Chapel nursery.

**CHILD AND YOUTH SERVICES****Central Registration**

DSN 368-9651; CIV 02-717-9651
Mon, Tue, Wed and Fri, 9:30 a.m. - 5 p.m., Thu, 2 p.m. - 5 p.m.
Registration for SAS and Middle School/Teen after school programs is ongoing at the Youth Center.

CHILD AND YOUTH SERVICES**Youth Sponsorship Program**

DSN 368-9670; CIV 02-717-9670
If you or someone you know is transitioning into or out of the Brussels community, be sure to check out the CYS Newcomer's Club. Our goal is to help smooth the transition process for children in grades K-12. For additional information about this program give Melanie a call.

All Aboard For The Teen Center!

DSN 368-9651; CIV 02-717-9651
Students 11 years and up (sixth grade and above) with a valid U.S. ID card can ride the shuttle bus Mon - Fri (when school is in session) departing BAS at 3:10 p.m. with destination USAG Brussels CYS!

Aikido Lessons

Thu, 4:30 p.m. - 5:30 p.m.
Aikido provides an outlet for physical energy and develops coordination and control. The discipline increases confidence and self mastery. Registered CYS patrons in grade K-12 are eligible to take instruction from a fifth degree black belt master.

Piano Instruction

Thu, 4:30 p.m. - 5:30 p.m.
Think you might have a future Mozart at home? Registered CYS patrons in grade K-12 are eligible to take instruction from a qualified and experienced music instructor. Contact CYS for details.

Keystone Club is currently not in operation. We need a teen to help us organize this club for ninth through 12th grades. What about taking up the challenge? If you would like to volunteer, stop by and see the CYS director!

Brussels Torch Club

DSN 368-9651; CIV 02-717-9651
Join and participate in the junior leadership club which meets the first Mon and third Wed of each month. This club plans all the events, dances, trips and community service projects for the Middle School Teen Center (MST). Earn volunteer and service hours for participating! Free snacks and prizes offered at all meetings. Sixth through eighth grades.

Youth Sports Program

DSN 368-9649; CIV 02-717-9649
Youth Services offers many great sports for your children to participate in, including basketball, flag football, soccer and softball.

CHILD AND YOUTH SERVICES**School Age Services (SAS) & Middle School Teen Center (MST)**

The SAS and MST centers provide a fun and learning environment for youth in grades K-12th. Clubs include 4-H Cooking, 4-H Art, 4-H Technology, 4-H Pet Club, Boys & Girls Clubs Power Hour, homework assistance, and more! A nutritious snack is provided daily after school. Leadership clubs are available at both centers. So come on, join us!

**Annual CYS Summer Camp**

Both SAS and MST centers offer interactive camp programs during the summer months. Camps last nine weeks and provide wonderful ways for youth to visit many exciting places in Belgium and Europe. Think ahead, plan ahead!

Joint Community Action Team (JCAT)

DSN 368-9629; CIV 02-717-9629
Formerly known as the "Family Readiness Group," JCAT at USAG Brussels serves our U.S. and Canadian service members, DOD of State civilians, our Host Nation employees and their families. JCAT provides community support through assistance and referrals, communication, awareness, community involvement and social activities. We welcome your comments and participation.

JCAT Volunteers Needed!

Please call the JCAT office for more information on how you can make a significant contribution to your community!

EDUCATION CENTER

USAG Brussels, Bldg. 1
DSN 368-9704; CIV 02-717-9704
Please call the Education Center in advance for confirmation of dates, times and locations of the following events.

College Testing Schedule

May 10 and 12, 10 a.m. - 2 p.m.
June 7 and 21, 10 a.m. - 2 p.m.

French Headstart Class

July 10 - 20, Mon - Fri
10 a.m. - 1 p.m.
Take this class to learn how to communicate in French.

Dutch Headstart

May 8 - 19, Mon - Fri
9 a.m. - noon
Adapt to your new environment by learning the necessary language basics in Dutch!

To register, call the Education Center or e-mail
Joseph.Heinlein@benelux.army.mil.

French and Dutch Headstart classes are available to Soldiers. Civilians may attend on a space available basis.

Spouse Education Assistance

Program (SEAP) is administered by HQ, Army Emergency Relief (AER).

SEAP is a need-based education assistance program designed to provide Army spouses, residing with active duty Soldiers in Europe, Korea, Japan and Okinawa Commands only, with financial assistance in pursuing educational goals. The purpose of the program is to assist spouses in gaining the education required to allow them to qualify for increased occupational opportunities. Active duty military personnel are not eligible. Spouses must physically reside overseas, and be enrolled, accepted, or pending acceptance to a post-secondary or vocational institution under contract at the education office and approved by the U.S. Department of Education. In addition to traditional college classes, high school equivalency training and English language proficiency training are also covered. Spouses are not eligible if they are visiting outside the command and take correspondence courses online. SEAP is not an entitlement or automatically approved.

EDUCATION CENTER

SEAP does not apply to second undergraduate degrees/courses or graduate level degrees/courses. Financial assistance is awarded for up to half the cost of tuition per term, with a maximum of \$400 per term or \$2,000 per year.

For more information visit:
www.aerhq.org/education_spouseeducation.asp.



LIBRARY

USAG Brussels, Bldg. 4
DSN 368-9791; CIV 02-717-9791
Tue - Thu, 10 a.m. - 6 p.m.
Fri, noon - 7 p.m.; Sat, 11 a.m. - 5 p.m.
Sun, noon - 5 p.m.
Closed Mon and holidays.

The library offers the Brussels Tri-Mission Community a modern facility with services comparable to public libraries in the United States. You can browse the latest collection of books, magazines and audio-visual materials and you can access the Internet. The friendly library staff will provide research and information assistance should you need it. All members of the Brussels community are eligible to use the library free of charge.

Pre-School Story Hour

USAG Brussels Library, Bldg. 4
DSN 368-9791; CIV 02-717-9791
Wed, 11 a.m. - noon
Join Miss Charlotte every Wednesday morning to listen, learn and share the world of books and reading! The age range is three to five years old. However, if your child is not yet three, he or she may "audition" for a place on the reading rug. Please register in advance.

Homework Club

USAG Brussels Library, Bldg. 4
Tue/Thu, 4 p.m. - 5:30 p.m.
The Homework Club was created in a joint effort between the library and CYS to assist students with their homework in a quiet environment. Children in grades K-6 are encouraged to be a part of this smart team!

OUTDOOR RECREATION

Bldg. 4, Room 303
DSN 368-9775; CIV 02-717-9775

Have you tried it? The USAG Brussels Outdoor Recreation Program is proud to present a new luxury touring coach: a 50-seater Setra-Mercedes bus fully equipped with reading lights, curtains, luggage rack, safety belts, water flush toilet, refrigerator, video, CD player, cassette recorder... and air conditioning. No excuse left! Come one, come all!

Keukenhof & Delft

Sat, May 13
Come join us on a day trip to The Netherlands. We will leave from Sterrebeek at 7 a.m. and stop at Delft in the morning to visit the Blue Delft Pottery Factory. A guided tour as well as coffee/tea and Dutch apple cake are included. In the afternoon we will visit Keukenhof, the largest spring flower garden in the world (entrance fee included). The bus returns to Brussels at 8 p.m. Join us for this wonderful trip!
Adults: **\$45**, Children **\$39**.

Tongeren Antique Market

Sun, May 14
Are you an antique market lover? Want to get that piece of furniture which you have been dreaming of? Then join us for our Tongeren Antique Market trip. Departure at 7 a.m. from Steerrebeek. Return to Brussels at 2 p.m.
Adults: **\$20**, Children **\$15**.

SPORTS & FITNESS CENTERS

Bldg. 3, USAG Brussels
DSN 368-9667; CIV 02-717-9667
Mon - Fri, 5 a.m. - 8 p.m.
Sat/Sun, 9 a.m. - 4 p.m.
Holidays, 5 a.m. - noon

Low Impact Aerobics Classes

DSN 368-9500; CIV 02-717-9500
Mon/Wed/Fri, 5:30 p.m. - 6:30 p.m.

Run for Your Life Program

This program is designed to encourage fitness through running. Participants run at their own pace on their own time line and log their miles with the Fitness Center. Patches are provided to participants who meet the 100, 200, 300, 400, 500, 750 and 1000 mile markers. Individuals must be at least 18 years to participate.

MEDEX Training

Never done any fitness? Never used weight equipment? This is for you! Contact the Sports & Fitness Center to schedule an appointment for a one-on-one introductory training.

Spin & Step Classes **NEW!**

The USAG Brussels Fitness Center is now offering spin and step classes.

Spin classes

Mon, Wed, 10 a.m. - 10:45 a.m.

Tue, Thu, 6:30 p.m. - 7:30 p.m.

Limited to nine people per class.

Step classes

Tue, Thu, 5:15 p.m. - 6:15 p.m.

There is no class on the first Thursday of the month. Limited to eight people per class.

Personal Fitness Program

If your goal is to tone, lose fat, improve your health condition, train for a race or a special sport, don't wait any longer. Set realistic goals with your Sports Specialist. Call for a one-on-one personal fitness training program.

B.O.S.S Program

DSN 368-9639; CIV 02-717-9639.

Calling all single Armed Forces men and women! BOSS aims to improve the overall quality of life of single service members' lives. B.O.S.S. assists singles in planning recreation and leisure activities and gives you the opportunity to participate in and contribute to your community. Open to all branches of service. Get involved!

ARTS & CRAFTS CENTER

USAG Brussels, Bldg. 1

DSN 368-9629; CIV 02-717-9629

Wed - Thu, 2 p.m. - 9 p.m.

Fri, 10 a.m. - 1 p.m.

Sat, 10 a.m. - 6 p.m.

Closed *Sun/Mon/Tue

*The Arts & Crafts center will remain closed on Sundays until further notice. We apologize for any inconvenience.

The Arts and Crafts Center offers a wide variety of services, instruction, gifts and craft materials for sale. Located on the first floor of Bldg. 1, we offer group courses, individual classes for adults and children, framing and engraving services, as well as a stock of local and handmade gifts at excellent prices. Stop in to browse our collection of glassware, pewter, framed and unframed prints and ceramics works or to find out about upcoming classes.

Picture Framing Classes

May 4, 11, 18, 24, and 31

2 p.m. - 5 p.m. and 6 p.m. - 9 p.m.

You will learn how to measure matting board, how to cut glass and how to assemble the frame.

Cost: **\$35** plus materials for class.

ARTS & CRAFTS CENTER

Registration is required for all courses. You must register one week in advance. A non-refundable deposit is required for registration for all courses. Children under 16 must have prior approval from course instructors and Arts and Crafts Center staff to participate in adult classes. Payment is made by cash (U.S. dollars) or check. Sorry, we cannot accept credit cards at this time.

USAG Brussels Logo Plaques

Need a special gift or award? The new plaques with our USAG Brussels logo are here! Services such as customized engraving, glass etching, and more are available. Stop by the Arts and Crafts center to find for more information.

Scrap Booking Classes

May 23 and 30, 6 p.m. - 9 p.m.

Bring in your own photos to make your first two-page layout with instructor Marie Farson. Cost: **\$15** plus materials for class.

Gift Certificates

You can purchase gift certificates for classes, gifts and services, such as framing or engraving. Stop by the A&C Center for more information.

2006 Summer Safety Campaign

Always have a Designated Driver!

GRILL

Keep your barbecue grills five to 10 feet from the house and flammable materials.

Stay with your fire, from the time that you first light the barbecue until you are finished cooking.

Don't leave barbecue lighters within reach of children.

GARDEN

Wear heavy-duty, non-slip shoes.

Wear long slacks to protect your legs.

Wear eye, foot and hearing protection when mowing.

WATER

Never drink alcohol and operate a boat or swim.

Never swim alone, even if you are an experienced swimmer.

Swim only in authorized swimming areas.

Supervise ALL children and non-swimmers at all times. Ensure the use of Personal Flotation Devices when necessary.

THINK SAFETY FIRST!

DON'T WALK BY!

HAVE A HAPPY AND SAFE SUMMER!

SUN

Avoid the midday sun, 10 a.m. to 4 p.m., as much as possible.

Drink plenty of water and stay cool.

Wear sunscreen and reapply often!

Wear loose-fitting clothing and hats.

Wear sunglasses that block harmful UV rays.

TRAVEL

Never travel alone.

Be aware of your surroundings.

Don't leave valuables in sight.

Always lock your car doors.

Always wear your seatbelt.

For more safety tips for a summer without incident, go to
www.usagbenelux.eur.army.mil/sites/installation/safetyinfo.asp



AUTO CRAFT CENTER

Bldg. 1, USAG Brussels
DSN 368-9743; CIV 02-717-9743
Wed, Thu, 10 a.m. - 2 p.m. and
4 p.m. - 8 p.m.
Fri, 8:30 a.m. - 5 p.m.
Sat/Sun, 10 a.m. - 6 p.m.
Closed Mon/Tue/holidays

Motorcycle Automotive Classes

Wed, 7 p.m. - 9 p.m.
Custom six week courses are
available for **\$45**. Advance sign up
required.

Automotive Classes for Dummies

May 10, 24 and 31
6 p.m. - 8 p.m.
These classes are designed to show
you general maintenance
procedures and to explain the
dynamics of your vehicle. Cost **\$25**.
Advance sign up required.

Vehicle Summer Check

by appointment only
May 5, 19, 26 and 31

THREE STAR LOUNGE

Bldg. 1, USAG Brussels
DSN 368-9732; CIV 02-717-9732
New Hours:
Thu, 5 p.m. - 10 p.m.
Fri, 5 p.m. - 1 a.m.
Sat, open only for scheduled events.

THREE STAR LOUNGE

*The Three Star Lounge at USAG
Brussels will be closed Memorial
Day Weekend (May 26 - May 27).*

The Three Star Lounge at USAG
Brussels is open to all Tri-Mission ID
card holders. Minors are welcome
during most activities when
supervised by a parent or adult
18 years or older.

Movie Nights

Join us every Thursday at 7 p.m. for
some popcorn and a movie.

Family Nights

May 2, 9 and 11
7 p.m. - 9 p.m.
Spend quality time together at the
Three Star Lounge! Family, Food
and Fun!

Friday Right Arm Nights

May 5
Supervisors, come and show your
staff how much you appreciate them.
Every first Friday of the month at
5 p.m. Come celebrate **Cinco de
Mayo** at 8 p.m.!

Dart Nights

May 5
9 p.m. - midnight

Karaoke Nights

May 12
9 p.m. - midnight

THREE STAR LOUNGE**Pool and Dart Tournament**

May 19
9 p.m. - midnight

AIR POST OFFICE (APO)

Bldg. 2
DSN 368-9718; CIV 02-717-9718
Closed Thu at 3 p.m.

Check Mail Daily

Please make sure that you check
your mail daily, since all unclaimed
articles may be returned to the
sender. You will receive a final notice
for parcels not claimed within five
days. Ensure you notify us if you
will be on leave or TDY. Thank you
for your cooperation!

USPS PUB 65-A national ZIP code
and postal directory is no longer
available in hard copy. Updated
information may be found at
www.usps.com. For additional help
call or stop by your APO post office.

Volunteering at APO

The post office is always on the
lookout for volunteers. If you are
interested in volunteering, please
stop by and talk to your APO
postmaster or see the USAG
Brussels Volunteer Coordinator.
Then come on down and give us
a hand!

PEOPLE IN YOUR COMMUNITY

by Isabelle Gillet

What do Mother's & Father's Days, Cinco de Mayo, and Military Spouses have in common, apart from being celebrated in May or June? There is a Brussels community member who embodies these three elements "all-in-one".

Elsa Rodriguez-Roth is a US military spouse who has followed her husband Michael Roth, 1SG at USAG-Benelux, around the world for 19 years. Be assured that she understands the "ins and outs" of frequent relocations with little ones. A native from Mexico, Elsa's mother tongue is Spanish and her cultural roots make her a proud representative of the Mexican American Community. What links her to mums and dads? Her job! She is the always-smiling New Parent Education & Support Program Manager at USAG-Brussels, which also serves Canadian Military families and pregnant Local National Employees. If you are a mother-to-be or a future daddy, chances are Elsa has free materials

or a resourceful referral you've been looking for; Infant CPR & First Aid, Infant Massage, Toddler Playgroup, Pre-Natal Classes, you name it! Her experience includes volunteering at the Red Cross and the FRG, giving AFTB instruction, and five years of working as an NPESP Contractor. She'll find you wherever you are, at your convenience. Elsa's outreach efforts will bring her to your home or office, and she'll even visit you at the hospital after your delivery. Don't hesitate to check out the Brussels ACS column for the various classes Elsa offers. Have questions on infant & toddler parenting topics? Interested in getting enrolled in the NPESP Program? Want more information about having your baby in Belgium? These classes are free and helpful! Contact Elsa Rodriguez-Roth, New Parent Education & Support Program Manager at USAG-Brussels, by e-mail at: Elsa.Rodriguez-Roth@benelux.army.mil, or by phone at DSN: 368-9684; CIV: 02 717-9684.



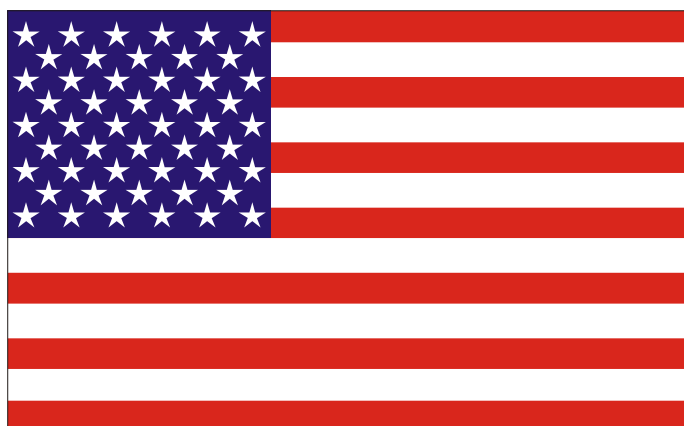
FLAG DAY

by Stacy Nixon

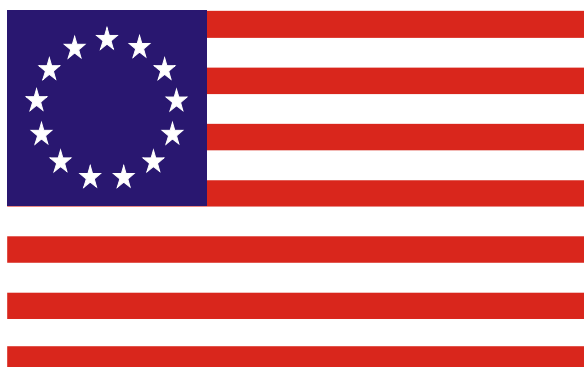
As our great country started with an interesting and colorful history, so does our flag.

The First Flag Act of June 14, 1777 was created to establish an official flag for young America. If you look below, you will notice that all the flags until 1912 have only a few things in common; stars, stripes, and the colors, red, white and blue. The arrangement of the flag was left to the imagination of the creator. Although each flag was beautiful and unique, we were a united nation and needed a symbol to reflect our union. The executive Order of President Taft, dated June 24, 1912 "established proportions of the flag and provided for arrangement of the stars in six horizontal rows of eight each, a single point of each star to be upward." Subsequent Executive Orders from President Eisenhower provided for further guidance and continuity for our developing flag as our nation continued to grow.

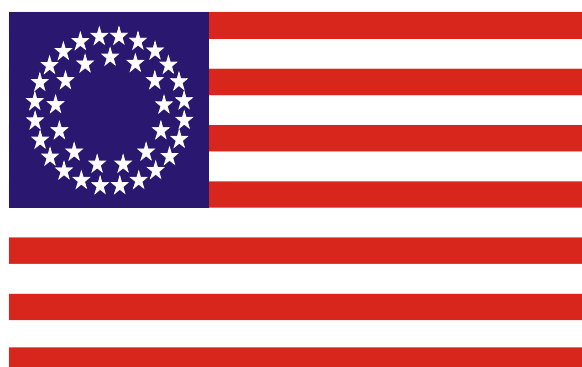
And indeed, our flag has become what our forefathers hoped it would, a symbol of a great country, united and free.



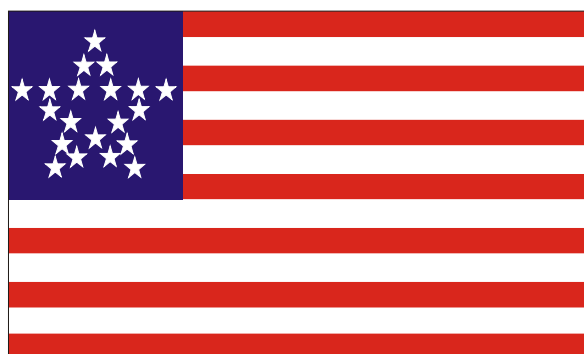
50 Star Flag



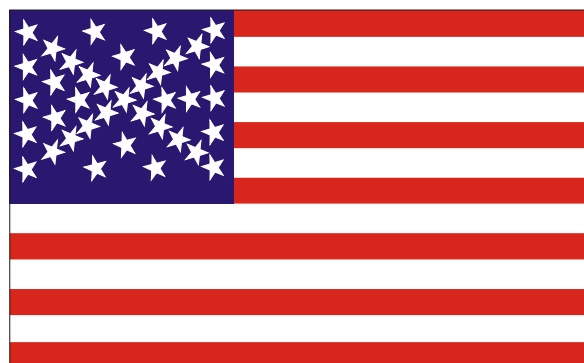
13 Star Flag
Betsy Ross Flag
1777



37 Star Flag
Medallion Design
1867



20 Star Flag
Grand Star Flag
1818



38 Star Flag
Hourglass Design
1877

(Source: www.usflag.org)

New to the community?

Available programs in the community are open to newcomers that want to learn more about where they live and work:

Brussels Community

USAG Brussels Newcomer's Briefing This three-day workshop ensures a smoother transition for new arrivals and is offered quarterly. On day 1, key agencies will present a brief overview of their programs and answer your questions. On day 2, the NATO Health Clinic patient liaison coordinator will provide a tour of the Leuven Gasthuisberg Hospital and ACS will give you general information about Belgium. On day 3 the Director of the Delhaize in Kraainem will familiarize you with a local grocery store. If you are interested and would like to sign up for the next three-day Newcomer's Briefing, please call ACS at DSN 368-9783; CIV 02-717-9783. Also available for you at ACS in Brussels: individual Newcomer's Briefing (upon request). Includes a brief overview of key agencies' programs and practical information about Belgian customs and courtesies.

Metro Madness Class Learn how to use the public transportation system in Brussels, then participate in a field trip to put your newly learned knowledge to the test. Next outing is on June 23, 9:30 a.m. - 2:30 p.m. Call ACS at DSN 368-9783; CIV 02-717-9783 to sign-up.

French HEADSTART A free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of U.S./NATO community. There is no fee and a textbook is provided. Please call USAG Brussels Education Center at DSN 368-9704; CIV 02-717-9704 for details and to reserve your space.

Job Information Board If you are looking for a job, the ACS Employment Readiness Program maintains a list of job vacancies in the region. Vacancies are posted on the Job Announcement Board, located next to the ACS Employment Readiness Manager's Office, Room 326 (Bldg. 4, top floor). Application forms and useful handouts are available through the ACS Employment Readiness Program. For more information call DSN 368-9783; CIV 02-717-9783.

Relocation Lending Closet Useful items are available to borrow for those of you relocating and with household goods in transit. The ACS Lending Closet now has microwaves for in/outbound personnel, which can be checked out for up to one month. Please note we operate by appointment only. For details, contact DSN 368-9783; CIV 02-717-9783.

JFC HQ Brunssum/Schinnen Community

Newcomer's Briefing and Newcomer's Orientation Learn about housing, local bill pay system, medical care, and everything there is to know in your new community at the Newcomer's Briefing. After the briefing, go on a tour to explore activities at Schinnen, Treebeek, Brunssum, and at Geilenkirchen Air Base with other Newcomers! The orientation includes driving tips for best routes, local history, shopping tips, "getting lost" prevention, historical sites and museums, restaurants, and more. The Newcomer's briefing is offered every second and last Friday of the month, 9 a.m. to 3:30 p.m. For information and reservations, call DSN 364-7512; CIV 046-443-7512.

Dutch HEADSTART This free language orientation course is open to active duty military, family members and anyone holding a military or NATO ID card (space permitting). To sign up, call the Education Center at DSN 364-6066/6041; CIV 046-563-6066/6041.

Finding Employment Workshop Offered every Tuesday, 10 a.m. - noon to help with interviewing and preparing for a new job. In the afternoon, 2 p.m. - 4 p.m., learn how to create a stunning resume and how to apply for government jobs with the hands on Resume/Resumix workshop. Sign up at DSN 364-7269; CIV 046-443-7269.

Lending/Loan Closet Open Mon - Fri, 8 a.m. - 4:30 p.m., located at ACS, Bldg. 39/43. Kitchen supplies, household items, and various baby supplies are available for community members during relocation. Contact ACS at DSN 364-7512; CIV 046-443-7512.

Something To Think About...

"Without the brave efforts of all the soldiers, sailors, airmen, and marines and their families, this Nation, along with our allies around the world, would not stand so boldly, shine so brightly and live so freely."

Lane Evans, Congressman

ARMY COMMUNITY SERVICE

Bldg. 318, SHAPE
DSN 423-5324; CIV 065-44-5324
Mon-Wed, Fri, 8 a.m.- 5 p.m.
Thu, 8 a.m.- 3 p.m.
Closed SHAPE holidays

RELOCATION OFFICE

Bldg. 318, ACS, SHAPE
DSN 423-4332; CIV 065-44-4332

**Welcoming Everyone to Belgium
W.E.B. Office**

Hotel Le Maisières, Room 126
DSN 366-6252; CIV 065-44-6252
Mon-Fri, 9 a.m.- noon
Closed SHAPE holidays

The vision of the W.E.B. office is to ease the transition for Americans relocating to Belgium. The W.E.B. office provides referrals, information, and most importantly, a friendly face and a warm hand of hospitality. Stop by the W.E.B. office and meet with other Americans in the area for support, communication and assistance.

Sponsorship and Welcome Packages

There are two different packages available for the Newcomer: *The Sponsorship Package* contains information about Belgium and SHAPE/Chièvres installations for Newcomers prior to their arrival. *The Welcome Package* contains useful information about the installation and the Mons communities.

Make the Right Move

Bldg. 318, ACS, SHAPE
DSN 423-4332; CIV 065-44-4332

Are you prepared for your next PCS move? Attend this class Wed, May 3 or June 7 at 2 p.m. and make this the best PCS move ever!

Great Job Opportunities
at Chièvres!

Go the following website
www.cpol.army.mil

AAFES
<http://www.aafes.com>

Commissary
<http://jobsearch.usajobs.Opm.gov/>

ARMY COMMUNITY SERVICE**USAG Benelux Newcomer's Briefing**

Hotel Le Maisières (across from the SHAPE Main Gate)
DSN 423-4332; CIV 065-44-4332

The Newcomer's Briefing is designed to assist active duty personnel, DoD civilians and family members by providing important information about the SHAPE/Chièvres community. The Newcomer's Briefing is conducted on the second Wednesday of the month, 8:30 a.m.- 3 p.m. at the Hotel Le Maisières Ballroom. It is mandatory for active duty military personnel, but family members and civilians are also welcome to attend. The next Newcomer's Briefings will be held on Wed, May 10 and June 14. Complimentary lunch and cookies are provided!

Sponsorship Training

This class is offered the first Wednesday of the month from 10 a.m.-11 a.m. in the ACS conference room. Sponsorship training helps sponsors to be more efficient by giving them tips such as assisting Newcomers with their in-processing, welcoming orientation, and settling in assistance. Next classes are scheduled for Wed, May 3 and June 7.

Cultural Adaptation Trip

Bldg. 318, ACS, SHAPE
DSN 423-4332; CIV 065-44-4332
Explore Belgian culture! Take advantage of this opportunity to discover Brussels and visit a warehouse in Brussels. Give ACS a call today for details on the next trip scheduled for Fri, May 13 or June 16, 9 a.m - 5 p.m.

Rendez-Vous with French!

Hotel Le Maisières, W.E.B. Office
DSN 423-7598; CIV 065-44-7598

Looking for some basic French language skills or want some insight into the Belgian culture? What is appropriate and inappropriate to say and do? Where can you find the best language classes? Let ACS help you with this free class for beginners, offered once a month. Next classes are scheduled for May 16 and June 20, 9 a.m. - noon. Registration required.

ARMY COMMUNITY SERVICE**Take the Train**

The Belgian train system is well developed and can be the easiest way to travel in and out of Belgium. "Take the Train" is a living experience and gives you the opportunity to learn how to use this great transportation system. The trip is offered Sat, May 13 and June 17, 8:30 a.m.- 3:45 p.m. Sign up today.

Take the Bus

Join us for an educational experience and learn how to use the local bus system. The trip is offered May 11 and June 15, 1:30 p.m. Point of departure is Hotel Le Maisières. Sign up today. The whole family is welcome!

Learning About Belgium**L.A.B.**

SHAPE Events Centre, SEC
Bldg. 303
DSN 423-4269; CIV 065-44-4269
May 15, 16, 18, 9 a.m. - 1 p.m.

Hello Newcomers! Become an expert on Belgium! Make new international friends! Pick up all of those little tips that will make your adjustment at Chièvres/SHAPE much easier and your new life more interesting. L.A.B. is **free**, open to anyone with a SHAPE I.D. card (no children under 12 please!) and takes place during three mornings. It includes classroom time (with refreshments), a "field trip" into downtown Mons and a reception with the Mayor at the Town Hall of Mons (transportation provided). L.A.B. is designed to compliment the other Newcomer's programs being offered at SHAPE and not to duplicate it. Call today to reserve your place!

ACS Volunteer Program

Bldg. 318, SHAPE
DSN 423-4352; CIV 065-44-4352

The Army Community Service (ACS) needs YOU as a volunteer member of our staff. Being an ACS volunteer offers great benefits such as flexible hours and job training. Volunteers are always needed to support ACS staff with photocopying, sending faxes, filing, data processing, and other general office requirements. Come and be part of our volunteer staff!

Employment Readiness Program

Bldg. 318, Room 118, SHAPE
DSN 423-4904; CIV 065-44-4904

Return and Reentry Class

Offered Tuesday at 10 a.m. for all service members recently returned from deployment.

ARMY COMMUNITY SERVICE**Employment Readiness Program**

Bldg. 318, Room 118, SHAPE
DSN 423-4904; CIV 065-44-4904

Job Opportunities Workshop

Wed, 9 a.m. - noon

Learn where to find jobs in the Benelux community and how to apply for them. Bring your resume and have it updated or find out how to load it onto Resumix. Workshops are open to all U.S. ID card holders and their spouses who are ready to seek employment. Pre-registration is required.

ARMY COMMUNITY SERVICE**Sexual Assault Prevention and Response Program (SAPRP)**

DSN 423-7593; CIV 065-44-7593
The SAPRP reinforces the Army's commitment to eliminate incidents of sexual assault throughout the U.S. Army. Call the SAPRP coordinator to schedule your mandatory training.

Unit Victim Advocate (UVA) Training (Class I)

SHAPE/ACS Conference Room
June 16, 8:30 a.m.- 5 p.m.
These mandatory classes train appointed UVA's to assist victims of sexual assault.

ARMY COMMUNITY SERVICE**Community Training Prevention of Sexual Harassment (POSH) and Sexual Assault Prevention and Response Program (SAPRP)**

May 11, 2006, 8:30 a.m.
Entertainment Centre

This training is provided to military members and civilians regarding the prevention and understanding of sexual harassment and sexual assault by using trained role players. These classes meet the mandated requirements for POSH and the SAPRP Training.

New Parent Education and Support Program (NPESP)

DSN 423-3321;
CIV 065-44-3321

This program is available to all U.S. military and civilian families expecting or with children, newborn to three years old. If you are expecting or have just recently welcomed a new member to your family, please stop by ACS and see us. We have a free gift for you and would like to introduce ourselves to your new bundle of joy! Services offered include: information and referral, home visitation, education on topics relating to maternity and childbirth, parenting classes, playgroups, breast-feeding and much more. The following classes are held at the SHAPE Healthcare Facility in the Social Services conference room. Registration is required.

Annual Job Fair

23 May 2006, 1- 5 p.m.



CPAC
DoDDS
AAFES
USAG BENELUX, DMWR
BENELUX Finance
Andrews Federal
SHAPE Health Facility
39th Signal
Commissary
Morale Welfare Branch
Northern Law Center
US Army Element
SHAPE American High School
US Navy Element
And many more...

Over 30 Community Employer
Representatives...

Hotel Le Maisieres
Banquet Room

Looking for a job? We may have what you need.

For details, please call ACS/Employment Readiness: 423-4904
Open to All!

**Transition Assistance Program (TAP)**

DSN 423-4904/5324
CIV 065-44-4904/5324
May 16, 17, 18 - Hotel Le Maisières
The TAP program includes a pre-separation briefing and a transition assistance workshop for military service members and their families as they transit from the service. The workshop will cover topics such as interviews, reviewing job offers, support and assistance, career exploration and more!

Army Emergency Relief (AER)

The AER office provides financial assistance to soldiers and their family members in time of valid emergency. The AER office also provides emergency assistance for other services through their relief agencies. If you are not near a military installation, soldiers can receive assistance through a local American Red Cross Chapter.

Anger Management Course

Before life seems overwhelming and you feel you are at a breaking point, give ACS a call and join a four session class held once a week on Tuesday, 9 a.m - 10 a.m. This life skills class is designed to work with families and individuals to strengthen family relationships and to prevent child and spouse maltreatment.

Commander and 1SG Training Updates on the Sexual Assault Prevention and Response Program

June 21, 2006, 10 a.m - noon
SHAPE ACS Conference Room, Bldg. 318
Specialized training designed to inform military leaders regarding the SAPRP from a leader's perspective and their responsibilities to sexual assault victims, alleged perpetrators and Unit Victim Advocates.

Women, Infants and Children Overseas (WIC)

DSN 423-5971
CIV 065-44-5971

WIC Overseas is a DOD nutrition education and supplemental food program offered to active duty military, Department of Defense employees and DoDEA personnel and their dependents. Program participants receive benefits such as nutrition education and healthy foods to enhance the quality of health and wellness for you and your family. If you are pregnant, breast-feeding or have a child less than five years of age, please call to see if you qualify!

ARMY COMMUNITY SERVICE**Educational & Developmental
Intervention Services (EDIS)**

DSN 423-5931; CIV 065-44-5931

Brussels American School

DSN 368-9552; CIV 02-717-9552

Get a jump on development. If you have questions about how your child talks, behaves, moves, plays, sleeps, eats, or will do in school, contact EDIS (for newborns to 35 months) or the Brussels American School (for children ages six months and older).

Playmornings

DSN 423-4274; CIV 065-44-4274

May 4 and June 13

You and your children, newborn to five years of age, are invited to play in our playroom located on the second floor of ACS. Please call to confirm dates.

Breast-feeding Support Group

DSN 423-5971/4274

CIV 065-44-5971/4274

Are you making the decision whether to breast-feed or not? Get the advice and support you need. Group meets May 16 and June 20, 11 a.m. - noon

Infant Massage Class

Thu, 11 a.m. - noon

Come to the infant massage class and discover new techniques to calm your baby.

**FINANCIAL ASSISTANCE
PROGRAM****Saving and Investing**

DSN 423-5324; CIV 065-44-5324

Registration is required.

**How to Become a Millionaire
on Military Pay**

DSN 423-5324; CIV 065-44-5324

Registration is required.

**AMERICAN FORCES TEAM
BUILDING (AFTB)**

Bldg. 318, Room 222, SHAPE

DSN 423-5425; CIV 065-44-5425

FAX: 065-44-4896

Email: aftbfamily@benelux.army.mil; Web site:www.armyfamilyteambuilding.org

A volunteer-led program designed by military spouses. AFTB provides training and knowledge to individuals who want a better understanding of the military and its mission, and who would like to improve on their personal and professional skills.

AFTB classes offer a FUN way to learn more about the military lifestyle, build upon your current skills, or add new ones.

American Forces Team Building**May 16, 17
10 a.m. - 4 p.m.**

Level I AFTB

Introduction to the basic skills and knowledge needed to live the military life.

**May 31
noon - 1 p.m.**
Working Lunch Series:
Motivating Factors**June 13 - 15
9 a.m. - 5 p.m.**

Level II AFTB

Builds on personal skills and allows you to grow as a community leader.

**June 28
noon - 1 p.m.**
Working Lunch Series:
Conflict Management**Learn, Grow, Lead...
With AFTB****CHILD AND YOUTH SERVICES****Central Registration (all youth)**

Bldg. 209, SHAPE

DSN 423-3874/4328

CIV 065-44-3874/4328

Mon-Thu, 8 a.m.- 5 p.m.

Fri, 8 a.m. - 3 p.m.

Annual membership fee and registration are required for youth to participate in CYS programs and services. In order to register, youth must bring a recent health assessment and immunization record.

**Child Development
Center (CDC)**

Bldg. 616, SHAPE

DSN 423-4810/5618

CIV 065-44-4810/5618

Mon - Fri, 7:30 a.m.- 6:30 p.m.

Hourly Care

(available when school is in session)

Mon - Fri, 8:30 a.m.- 5:30 p.m.

CDC offers child care for children six weeks to five years of age.

Teen Center

Bldg. 503, SHAPE

DSN 423-5711/5610

CIV 065-44-5711/5610

Mon - Fri, 3:30 p.m. - 6:30 p.m.

School holidays Mon - Fri,
1 p.m - 6:30 p.m

The Middle School and Teen Center offer many activities such as: scheduled dances, lock-ins, movies, Newcomer's Club, Boys & Girls Club programs, computer lab, homework assistance, and a variety of self-directed activities. Generally the activities are free, but in certain cases a small fee may be charged for specific programs or instructional classes.

CHILD AND YOUTH SERVICES**Middle School Center**

Bldg. 503, SHAPE

DSN 423-5789/5635

CIV 065-44-5789/5635

Mon - Fri, 3:30 p.m. - 6:30 p.m.

School holidays:

Mon - Fri, 1 p.m. - 6:30 p.m.

School Age Services (SAS)

Bldg. 602, SHAPE

DSN 423-5980/5982

CIV 065-44-5980/5982

Mon - Fri, 7:30 a.m. - 6:30 p.m.

SAS offers out-of-school activities for children grades first through sixth. Before and after school care options are also available and a variety of programs are offered from computer to homework lab, Newcomer's Club, and more.

SHAPE LANGUAGE CENTRE

Bldg. 211, SHAPE

DSN 423-4971; CIV 065-44-4971

Office: Mon - Fri, 8:30 a.m.- 5 p.m.

Classes: Mon - Fri, 9 a.m. - 8:30 p.m.

Closed on SHAPE holidays

Open to SHAPE ID card holders 16 years and older. Courses are offered in two sessions (September to January and February to June) in the two NATO official languages – English and French.

**French and English
Summer Intensive Courses**

Registration: June 26 - 30

Class Dates: July 3 - 24

Registration: July 24 - 28

Class Dates: August 1 - 22

SHAPE INTERNATIONAL LIBRARY

Bldg. 307, Community Activity Centre, SHAPE
DSN 423-5631; CIV 065-44-5631
Mon - Wed, 9 a.m.- 8 p.m.
Thu - Fri, 9 a.m.- 6 p.m.
Sat, 10 a.m. - 5 p.m.
Closed Sun and SHAPE holidays

The SHAPE International Library is a multi-purpose facility serving as a lending library, reading room, cultural center, an art gallery and a computer center where patrons can access electronic information sources such as the Internet, CD-ROM programs and utilize word processing software. A library card is required to check-out library material and to use the computers. There is **no charge** to register for a library card. However, there is a small charge for copies.

Library Gallery

As a special feature and to expand cultural awareness, the library hosts art displays by different local artists each month. Come in to view the beautiful and creative art shows.

Book Discussion Group

This fabulous book club, known as the "Page Turners" meets at 5:30 p.m. every third Wednesday of each month. New members are always welcome. Next meeting will be on May 17.

Preschool Story Time

Tue, 10 a.m.
SHAPE International Library.

Lap Sit

Wed, 10 a.m. - 11 a.m.
The SHAPE International Library brings parents and toddlers together with a program called Lap Sit. The program is for toddlers up to 24 months.

IMA-Europe MWR to Host Camps for Youth of Deployed Soldiers

by Victoria Palmer, IMA-Europe MWR Marketing, Heidelberg, GE

In support of families of deployed Soldiers, Installation Management Agency-Europe Morale, Welfare and Recreation will host four Camp A.R.M.Y. Challenge sessions this summer. Each week-long camp will feature team-building challenges and the usual myriad of outdoor adventure, swimming, hiking, creative arts projects and other activities associated with



summer camp. But this is a camp with a twist; all campers have the common bond of having one or both active-duty parents deployed.

Middle school and high school students whose active-duty Army or Air Force parent is deployed between June 1, 2005 and February 28, 2007, are eligible to apply. Although the camp is hosted exclusively by the Installation Management Agency-Europe MWR Child and Youth Services, each Camp A.R.M.Y. Challenge session will have four camper spaces for Air Force youth in addition to the 78 spaces filled by Army youth.

Camp A.R.M.Y. Challenge Italia sessions for grades sixth through eighth will be held July 9-15 and July 23-29 at Camp Darby, Italy. The camp will include team building activities, military skill demonstrations, water activities and sight-seeing trips, including a visit to the leaning tower in Pisa.

Camp A.R.M.Y. Challenge Bavaria for grades ninth through 12th will be at Grafenwoehr, Germany. The sessions for the high school-age campers will be June 18-24 and August 13-19, and will include adventure activities such as caving, repelling, water sports and the high ropes course. Team building and self-expression activities will also be a core component.

A \$50 camp registration fee will be charged only when a camper is selected to attend. The fee is to reserve the camper's slot in their assigned session and is due by May 31. Refund of the camp registration fee will be given only if written cancellation is submitted at least two weeks prior to the start of camp.

Central bus pick-up points will provide transportation to all camps. Camp organizers stress that no air transportation or individualized transportation will be funded and families will be wholly responsible for getting their son or daughter to the central bus pick-up points.

Complete information and the application form for Camp A.R.M.Y. Challenge are available online at www.mwr-europe.com. Applications will be accepted online only; the application deadline is May 5. Further information on Army MWR in Europe is available at www.mwr-europe.com.

BENELUX FINANCE OFFICE

Points of Contact Benelux Finance Offices:

SHAPE Finance Office: 423-4098

Brunssum Finance Office: 364-2839

Brussels Finance Office: 368-9732

Unit Commanders Financial Report (UCFR) Procedures:

The UCFR is a key report for commanders to ensure their Soldiers' pay is correct. Commanders, 1SGs, and S1s/PACs- have you seen the MILPER Memo that thoroughly explains the UCFR process and why it is important?

See MILPER Memo 03-1 dated 19 Nov 2002 titled: Unit Commanders Financial Report (UCFR). To view the message go to [http://perscomnd04.army.mil/MILPERmsgs.nsf/All+Documents/03-1? OpenDocument](http://perscomnd04.army.mil/MILPERmsgs.nsf/All+Documents/03-1?OpenDocument) RECOMMENDED READING for all Commanders, 1SGs, and S1s/PACs.

Overseas Cost of Living Allowance (COLA):

The Overseas Cost of Living Allowance is a supplement designed to equalize purchasing power between members overseas and their CONUS-based counterparts. The supplement is based on rank, years in service, number of dependants, and whether the Soldier lives in the barracks. The basic measurement is a comparison of CONUS shopping behavior and the aggregate shopping behavior at each overseas location.

A member with dependants is authorized COLA based on the number of command sponsored dependants at the primary duty station (PDS) regardless of government dining facility/mess availability except:

1. For any day in excess of 30 consecutive calendar days that a member accompanied by all dependants is on leave in CONUS;
2. When one or more, or all, of the dependants return to CONUS for a temporary period in excess of 30 consecutive calendar days, the COLA payment beginning on the 31st day that a dependant is in CONUS is reduced to the rate specified in Appendix J of the JFTR for the number of dependants remaining at the PDS;
3. When one or more dependants depart the PDS vicinity and return to CONUS to attend school, the payment is reduced as of the day following the departure day to the rate specified in Appendix J for the number of dependants remaining at the PDS;
4. When in confinement status as a result of disciplinary action. In this case the member is authorized COLA for dependants only at the rate specified in Appendix J for the number of dependants who continue to reside in the PDS vicinity.



SHAPE FLEA MARKET

DATE	SPONSORS	SALE OF VENDOR PERMITS
28 May	Angling Club, SHAPE Int. Scout Group	24 May
25 June	Hunters Association, Sub Aqua Club	21 June
30 July	Sailing Club, Tennis Club	26 July
20 August	Sub Aqua Club	16 August
24 September	Athletic Officials Association, Boy Scouts of America (#325), Bowling Association	20 September

Flea Markets are open to all "buyers" and take place from 8 a.m. to noon in the Industrial Area car park (200 area). Vendor permits are sold to **SHAPIANS only** at the SHAPE Cinema, 8:30 a.m. - 11:30 a.m., on the Wednesday preceding each Flea Market; timings are applicable to all vendors. Permits will also be available at Bldg. 209, 10 a.m. - 11 a.m. and 1 p.m. - 3:30 p.m., on the Thursday and Friday, preceding the Flea Market.

CENTRAL TEXAS COLLEGE	TERM V	JUNE 5 - JULY 28
Location	Course	Registration
Brussels	Juvenile Justice System	May 22 - June 2
SHAPE	Ethics in the Criminal Justice System	May 22 - June 2
Visit our web page www.europe.ctcd.edu for more information.		

SHAPE EDUCATION CENTRE

Bldg. 212, Room 130, SHAPE
DSN 423-3466
CIV 065-44-3466
Mon - Fri, 8 a.m. - 5 p.m.

French HEADSTART

May 2 -12, 1 p.m. - 4:30 p.m.
May 22 - Jun 2, 9:30 a.m. - 12:45 p.m.

HEADSTART is a free 30 hour language and culture introduction class held monthly at the Education Centre. Instructors are native speakers of the language being taught. Reservations for any of the course dates listed are recommended.

Computer LAB

The SHAPE Education Centre Computer Lab is open five days a week. We provide you with Web sites for online diagnostic tests for CLEP, SAT, ACT, and GRE, Web sites for financial aid and more.

eArmyU Program

Not sure if distance learning is for you? Come to the SHAPE Education Centre and take the online PReP Assessment test. The test will evaluate your technology skills, study habits, and time management skills. Results of the test are available immediately for review and interpretation. Free e-learning courses are recommended if any skills deficiencies are identified. This test is available only to Army personnel.

Strong Interest Inventories

Looking for a perfect match between your interests and a satisfying career? Let Strong Interest Inventories help you find the right path. Composed of over 300 questions, Strong provides an in-depth assessment of your interests among a broad range of occupations, work and leisure activities, and educational subjects. Strong Interest is taken online at the SHAPE Education Centre. No appointment is necessary.

SHAPE EDUCATION CENTRE

Microsoft Examination

One free Microsoft Examination is available to service members! Obtain an exam voucher as soon as possible by contacting your Education Counselor. Once you obtain a voucher you will have two years to take the exam. Exams can be taken in Belgium or the United States. Vouchers are going quickly so contact your Education Counselor without delay.

OVERSEAS CONTRACTED UNIVERSITIES AND COLLEGES

UNIVERSITY OF PHOENIX

DSN 423-4645; CIV 065-44-4645
www.uopxoverseasmil.com
Start earning your degree today! University of Phoenix offers graduate degree programs in Business Administration, Arts in Education/ Curriculum and Instruction, Arts in Education/Administration, and Supervision, Arts in Education/ Teacher Education (Elementary and Secondary). Contact your local University of Phoenix representative for information or visit our website.

CENTRAL TEXAS COLLEGE (CTC)

DSN 423-7447; CIV 065-44-7447
www.europe.ctcd.edu

Central Texas College offers associate's degree programs in a variety of Vocational Technical fields. We have classes at SHAPE and Brussels. Distance learning is also available for those who prefer taking classes online. Contact your local CTC representative for information or visit the CTC website.

OVERSEAS CONTRACTED UNIVERSITIES AND COLLEGES

UNIVERSITY OF MARYLAND UNIVERSITY COLLEGE EUROPE (UMUC)

DSN 423-5173; CIV 065-44-5173
shap@fieldrep.ed.umuc.edu
www.ed.umuc.edu

The mission of UMUC Europe is to provide academic programs to members of U.S. military communities throughout the European Command. The goal is to make those programs accessible to students who already have substantial commitments to careers and families. Through the undergraduate and graduate programs offered, members of the military services and civilians overseas can take individual classes for personal enrichment or pursue a program of course-work leading to a certificate, associate's degree, bachelor's degree, or master's degree. Learn more by visiting our website or your local representative at the Education Centre.

UNIVERSITY OF OKLAHOMA - OU

DSN 423-3654 (SHAPE)
DSN 364-6003 (Treebeek)
DSN 458-6098 (Geilenkirchen)
apshape@ou.edu
www.goOU.ou.edu
A degree from the University of Oklahoma symbolizes a high quality education and OU's dedication to excellence. In 1964, the University began serving the educational needs of the United States Armed Forces. Today, thousands of men and women have completed their degrees; you too can experience the tradition and heritage of a higher education offered by OU. Earn your Master's in Human Relations and/or a Master's in International Relations. Degrees are offered in an intensive format, requiring 36 semester hours. There is no thesis or admissions test required. Admission is based on your undergraduate GPA. Contact your local field representative or visit our web page for more information.

U.S. Army Birthday Ball

June 24, 6 p.m. - 1 a.m. at the SHAPE Club
"Call to Duty, Boots on the Ground"

For more information call DSN 368-9794

COMMUNITY RECREATION**Community Activity Center (CAC)**

Hangar 4, Chièvres Air Base
Fitness Center and Library are also
located in the CAC.

DSN 361-5506; CIV 068 27-5506

e-mail address:

**chievresactivitycenter@benelux.
army.mil**

We have regular scheduled activities
in our gym and community room
along with special events and
functions. Please see our posted
schedule on the Sports and Fitness
Board. As soon as we know our
regular schedule will be interrupted,
we will post the changes.

The CAC is also available for private
and official functions to include a
variety of events such as birthday
parties, bazaars, traditional holiday
observances, etc.

Chièvres Air Base (CAC)

DSN 361-5767; CIV 068 27-5767

Tue - Fri, noon - 6 p.m.

Sat, 10 a.m. - 5 p.m.

Closed Sun, Mon, and holidays

CHIÈVRES AIR BASE LIBRARY

The Chièvres Library is now online
and automated! We have joined the
Army Europe Libraries' (AEL)
European Library General
Information System (EGLIS). Stop in
to see our exciting new changes and
check-out our growing collection of
over 10,000 books, including new
bestsellers, current release DVDs,
videotapes, audio books and
language tapes. The staff is
available to assist patrons with book
recommendations, as well as to
provide reference services through
the many AEL online databases and
journals. Internet access is available
on five modern workstations and
limited photocopying service is **free**.

Story Time

DSN 361-5767; CIV 068-27-5767

chievreslibrary@benelux.army.mil.

Thu, 4:30 p.m. - 5 p.m.

Our Story Time goal is to help
toddlers and preschoolers learn to
pay attention in a social setting for
an extended period (roughly 30 min)
while they make new friends, enjoy
wonderful stories from our collection
and make a fun craft. Help your
children learn to love reading.

COMMUNITY RECREATION**Fitness Center**

Chièvres Air Base, CAC
DSN 361-5643; CIV 068 27-5643

Mon - Fri, 6 a.m. - 9 p.m.

Sat, 10 a.m. - 7 p.m.

Sun, 10 a.m. - 5 p.m.

Call for Holiday schedule.

Fitness Center Orientation

First time here? Aren't sure what to
do and how the equipment is set up?
When is the best time to workout or
how does the TV channel get
changed? Heard we have a sauna,
an indoor and outdoor running track,
and extra locker rooms? Join us for
a 45 min. organized tour of the
facility. You will familiarize yourself
with our services, programs, and
equipment. We're happy you're here
and we're here to serve you!
Get off on the right foot and sign up
for a fitness center orientation
offered every fourth Thursday of the
month. If you can't make it to the
tour, we're still here to answer all
your questions.

W.O.W. - Women on Weights

Tue and Fri

9:30 a.m. - 10:30 a.m.

Class will be limited to eight people.

You must sign up at the Fitness
Center Desk.

YOGA for EVERY BODY

Tue and Thu

10:30 a.m. - 11:30 a.m.

Increase your flexibility, increase
your endurance and strength AND
unwind! Available for all fitness
levels.

The Baby Buggy Brigade

Mon, Wed, Fri

10:30 a.m. - 11:30 a.m.

You're ready to go! The little one
(or ones) are bundled up in the
stroller and you're all going out for
some much needed exercise.
But we're in Belgium and it rains
a lot...a whole lot. We have an
indoor track! Led by one of our
Fitness Center staff members, we
invite you to push that baby and
buggy around our indoor track three
times a week. We will also have
optional strength/toning stations set
up around the track for you to stop
at along the way (baby permitting,
of course).

Make-A-Wish 2006

Don't Miss the Event of the Year!!!

Make-A-Wish 2006 will take place at
the SHAPE Athletic Track on Friday,
May 12, 3:00 p.m. until Saturday,
May 13, 3:00 p.m. This is your
chance to do something for children
in need in the community you live in.
Please give a little of yourself plus
€10 and help fulfil a child's wish. It's
a wonderful opportunity to support a
worthy cause and have a great time
doing it. Spend some time with your
family and your friends; enjoy a
soccer match, a rock concert, watch
movies under the stars, play a little
volley ball and don't miss the Tug
O' War. There will be plenty of food,
British fish and chips, Harry's
famous BBQ and much more. There
will also be plenty to drink. Most
importantly, we will have a chance to
do something from the heart; walk,
run, crawl around the track and
show that we care.

**SHAPE American Elementary and
Middle School/High School
Registrations**

New families to SHAPE/Chièvres
will have an opportunity to register
around the middle of August - exact
dates to be decided. Check the
school Web sites for more
information: **www.shape-
es.eu.dodea.edu** and
www.shap-hs.eu.dodea.edu.
Pre-registration can take place
on-line at:
**https://www.registration.edu.
dodea.edu**. There will be additional
forms to fill out in person at the
school site.

Kindergarten eligibility: Child must
be five by 31 October (born
between 1 November 2000 and 31
October 2001.) First grade eligibility
requires the child to be age six by
31 October, 2006.

Items to have with you: orders
assigning your family to SHAPE;
child's passport or birth certificate;
child's SSN; immunization record;
previous school record/report card.
Eight euro school insurance fee is
mandatory by Belgian law. These
items may vary slightly for our
NATO military members' children
assigned to SHAPE who attend our
school. A school physical by a
healthcare provider is required.
Everyone at both American sections
will be happy you're here to join us!
School Liaison Officer,
DSN 423-5789, Office is located in
the SHAPE, YS Teen Center.

Summer Reading Program

Chièvres Air Base Library

JUNE 27 - AUGUST 8

For children up to 12 years of age. **Registration:** May 15 - June 17

Kick-off Party: June 27, 1 p.m. - 3 p.m.

HEALTH AND WELLNESS

SHAPE Health Care Facility,
Conference Room
DSN 423-5044; CIV 065-44-5044
Please call for May/June
Weight Management schedules.

SHAPE ATHLETICS PROGRAM

Bldg. 313, SHAPE
DSN 423-5325; CIV 065-44-5325

The Main Gym has an extensive program that includes cross-country runs, soccer, cricket, badminton, swimming, rifle/pistol competitions. Please inquire about special events such as softball, volleyball, baseball tournaments. The facility includes basketball, volleyball, badminton, squash, racquetball and handball courts, a 25 meter indoor swimming pool, aerobics studio, fitness suite, saunas, free weights, outdoor fields for soccer, football, rugby, baseball, softball, cricket, and tennis.

Indoor Pool Operating Hours Lane Swim

Mon - Fri
6:30 a.m. - 8 a.m.
11:30 a.m. - 1:15 p.m.
5:30 p.m. - 7 p.m.

Family/Open Swim

Sat and Sun, 10 a.m. - 3:30 p.m.

Green Gym

DSN 423-5156; CIV 065-44-5156
Mon - Fri, 6 a.m. - 9 p.m.
Sat, Sun, SHAPE holidays
10 a.m. - 4 p.m.

Fitness Classes

DSN 423-4247/3945
CIV 065-44-4247/3945

CIRCUIT TRAINING

Mon, Wed, Fri, 12:30 p.m. - 1:30 p.m.
Never a fee! Pay in sweat and tears!

Body SHAPE Up Program

Please contact SHAPE Gym
for classes, schedules and fees.

Other SHAPE Main Gym Activities

DSN 423-3195; CIV 065-44-5044
Volleyball
Soccer
Softball
Unit level basketball
Community basketball
SHAPE Seals

SHAPE Community Level Sports

DSN 423-8007/3993
CIV 065-44-8007/3993
Men's and women's
softball

SHAPE ATHLETICS PROGRAM**SHAPE Fun Run**

DSN 423-8007
CIV 065-44-8007
Don't get left behind!
Join us the last
Tuesday of every
month at 12:30 p.m.

SHAPE AUTO SKILLS CENTRE

Bldg. 314, SHAPE
DSN 423-4693;
CIV 065-44-4693
Open Tue - Thu,
noon - 8 p.m.
Fri, noon - 6 p.m.,
Sat, 10 a.m. - 6 p.m.
Closed Sun, Mon and
SHAPE holidays.

Keep your vehicle
in peak running
condition and save
money by taking
advantage of all
the tools and
facilities available.
The Auto Crafts Shop
offers 14 work areas
and four lifts with tools
available to use for the
simplest to the most
complex automotive
repairs.

Qualified mechanics
can assist you and
lend a hand if needed.
The services available
include wheel balancing,
head light adjustment,
oil-changing,
pre-Controle Technique
(CT) inspections, and
much more.

SHAPE BOWLING

Bldg. 502, SHAPE
DSN 423-5697; CIV 065-44-5697
Mon - Thu, 11 a.m. - 11 p.m.
Fri - Sat, 11 a.m. - 1 a.m.
Sun, noon - 11 p.m.
SHAPE holidays, noon - 11 p.m.

COSMIC BOWL

Glow-in-the-dark bowling happens
Friday and Saturday nights.

BOWLING SPECIAL

Mon and Fri, 11 a.m. - 2 p.m.
Pay €1.00 per game. WOW!

BOWLING BIRTHDAY PARTIES

Try the Pizza Bowl for your child's
next party complete with party favors,
shoes and bumper bowling. The
Pizza Bowl is also available for teen
and adult parties.

SUNDAY IS FAMILY DAY

All games are only €1.50

SHAPE BOWLING**SHAPE HOLIDAYS**

Bowl for €1.50 per game

PRO SHOP

Stop by the Pro Shop for many choices in bowling equipment. The Pro Shop also offers a state of the art drill press for drilling balls; any bowling ball can be drilled on site. Appointments are required.

LEAGUES

The Pizza Bowl is a 12-lane bowling center which provides services for 11 leagues, consisting of a large youth program, men's, women's, and mixed bowling. If you are not in a league, come and see all the fun and excitement that we have in store for you!

SNACK BAR

Come try a delicious pizza and check-out our new snack bar menu with many items such as biscuits and gravy, Mexico platter with tacos, burritos, Spanish rice and refried beans, chicken caesar salad, French toast, and Otis Spunkmeyer muffins, and cookies.

ENTERTAINMENT**SHAPE Entertainment Centre**

Bldg. 207, SHAPE
DSN 423-3312; CIV 065-44-3312
www.shapeonline.net
olivier.galloo@benelux.army.mil

Box Office Hours

2 p.m. - 5:30 p.m.

For reservations call

DSN 423-3312/8241

CIV 065-3312/8241

SALSA CLASSES

SHAPE Event Centre.

Tue, Wed, Thu

Intermediate class

6 p.m. - 7 p.m.

Beginners class

7:15 p.m. - 8:15 p.m.

Cost: **€5** per lesson payable at the beginning of each class.

For more information contact SHAPE Entertainment Centre.

2006 Summer Theatre Camp

July 10 - August 6

ALLADIN Jr.

Registration May 1 - July 10

Theatre Camp is available to grades third through 12th. Grade completed in spring of 2006 by U.S. schedule. There will be no camp on SHAPE holidays.

General Admission: **€5**

Performances:

Thu, August 3, 7:30 p.m.

Fri, August 4, 7:30 p.m.

Sat, August 5, 2 p.m. and 7:30 p.m.

SHAPE Entertainment Centre**THE DINING ROOM**

By A. R. Gurney

Directed by Dan LaMorte

The play is unique in that it takes place on a single set, a dining room, representing a host of dining rooms belonging to a host of different characters, 57 to be exact. The action is comprised of a collection of inter-related scenes that range from the comic to the serious. As one comic scene succeeds another, a whole pattern of American life emerges. "If the dining room walls could talk, this is what they would say!"

Auditions:

Wednesday, April 26th at 6:30pm,

The Entertainment Centre

Thursday, April 27th at 6:30pm,

Events Centre

Rehearsals begin:

Tuesday, May 2nd

Performances:

Friday, June 9th, Saturday, June

10th and Sunday, June 11th

Friday, June 16th, Saturday, June

17th and Sunday, June 18th

Singing and Voice Lessons

at the SHAPE Entertainment Centre.

Have you always wanted to learn how to sing or needed voice coaching lessons? This is your chance! SHAPE Entertainment has classes for you. You can choose from four different classes. For more information and to sign up, contact the SHAPE Entertainment Centre.



July 4, noon - 11 p.m.
SHAPE GB Shopping Area

Come out and celebrate the Red, White and Blue! Live music, great food, entertainment and games can only be topped by a spectacular fireworks display at the end of the evening!

**HELPFUL HINTS**

There is a new fraud scheme that victimizes individuals selling items online or through classified advertisement. These schemes can cost members thousand of dollars if they become a victim.

The scheme works like this:

1. The schemer poses as a potential buyer and contacts the individual selling the merchandise.
2. Once a price has been negotiated for the item in question, the schemer then sends a check or money order for an amount larger than the sale price, saying it will cover shipping and handling costs.
3. The seller then deposits these checks into their account.
4. The schemer persuades the seller to withdraw the excess funds and wire it back to them.
5. The check or money orders that have been deposited are returned as counterfeit.
6. The seller has thus lost the item to be sold, the funds deposited into the account and the excess amount he or she wired back to the schemer.

Here are some tips for detecting these schemes, offered by the U.S. Postal Service:

1. Be skeptical of anyone asking you to wire money to overseas bank accounts, or to cash money orders or checks on their behalf.
2. Know who you are dealing with. Do not give out personal or financial information to anyone you don't know.
3. Familiarize yourself with U.S. Postal Money Orders.
4. Never wire funds to anyone unless you are sure the money order or check they gave you was cleared by your bank and the funds are available.

Tamhara Hernandez, Branch Manager - Andrews Federal Credit Union



Admission Is Free!


www.maohinuipolynesia.com

GRASS ROOTS ENTERTAINMENT.

SHAPE Club

Friday, 12 May, 5:30 p.m.

Experience the beauty and power of Polynesian dance. Performers demonstrate centuries old rituals to share joy, welcome visitors, and challenge enemies. The elaborately-costumed Ma'ohi Nui dancers will have you out of your seat and moving to their beat of thunderous drums and conch shells.

Family Dinner Theatre (premium seating) 6-9 p.m.

For reservations and menu call DSN 423-4133

Evening Show 8-9 p.m.



**ARMED
FORCES**
ENTERTAINMENTSM

EO/EEO

Pay as you go bar available.

OUTDOOR RECREATION CENTRE

Bldg. 307, SHAPE
DSN 423-5380; CIV 065-44-5380
Mon - Fri, 10 a.m. - 4 p.m.
Closed Sat, Sun, and SHAPE holidays.

Stop by and pick up a price list!

The Outdoor Recreation Rental Centre offers a wide variety of outdoor recreation equipment and has everything you need for outdoor activities. Stop by and pick up a complete listing, for every recreational event you are planning, whether it is for your friends, family or your unit. Items available are ski equipment, mountain bikes, camping gear, heaters, tables, canopies, lawn sport equipment, large inflatable party entertainment items, grills, and super cookers.

SHAPE ARTS & CRAFTS CENTRE

Bldg. 209, SHAPE
DSN 423-4680; CIV 065-44-4680
Mon - Thu, 8:30 a.m. - 5:30 p.m.
Fri, 8:30 a.m. - 4:30 p.m.
Closed Sat/Sun and SHAPE holidays.

Are you looking for a special item: a personalized desk name plate or an award? Come and see our selection of wooden pen boxes, acrylic awards, plaques, and various other unique items to be engraved.

Mosaics

Add some color to your life and join us for a mosaic course! We'll show you how to add mosaics to picture frames, coasters, flower pots and more!



SHAPE ARTS & CRAFTS CENTRE



Flower Arranging

Bring fresh flowers into your house all year long! Our flower arranging instructor and the Arts and Crafts Centre team would like to welcome you to this extraordinary class. You will bring home a flower masterpiece from each of the four sessions.



Quilting

We would like to walk you through our Sampler Quilting class. From start to finish, you will have step-by-step professional guidance. After this eight week long course, you will have experience in the art of quilting and its many varieties.

Pottery- Clay Sculpting

In addition to pottery wheel workshops, we would like to introduce you to Pottery-Clay Sculpting. This is an excellent class for all levels of experience. You will get to sculpt, paint and glaze your designs in four sessions.



**Call the SHAPE Arts & Crafts Centre
to sign up for your favorite class
DSN 423-4680**

SHAPE TRIPS & TOURS

Bldg. 307, SHAPE
Community Activity Centre
DSN 423-3884; CIV 065-44-3884
FAX 065-44-5754
E-mail: st&t@benelux.army.mil
Mon - Fri, 9 a.m.- 4 p.m.
Closed SHAPE holidays.
<http://www.Shapeonline.net>

Family visiting? No worries. Guests are welcome to travel with us as long as they are accompanied by an authorized ID card holder and submit a completed visitors pass prior to travel.

Cultural Paris

May 7, 2006 (Sun)
Price: €25

Windsor Castle

May 13, 2006 (Sat)
Join us for a day at Windsor Castle. Windsor Castle is one of three official residences of The Queen and has been home to the Sovereign for over 900 years. The castle is the largest inhabited castle in the world and the oldest in continuous occupation. The imposing towers and battlement of the Castle loom large from every approach to the town, creating one of the world's most spectacular skylines. We will be visiting during the Royal Windsor Horse Show, when the Queen opens her private Gardens to the public for the annual event. This Show is one of Britain's largest outdoor horse shows. The events include the Land Rover International Carriage Driving Grand Prix, Show Jumping and Military Competitions. Price: €56 Adult, €48 Youth (five through 16 years old), €38 Child four and under.

Thermae 2000

May 13, 2006 (Sat)
A special Mother's Day treat! Thermae 2000 offers a unique location in the middle of a peaceful landscape where you can relax and unwind. The day-pass includes the use of the thermal baths, whirlpools (both separate and integrated into the main baths) and saunas. You can also participate in the activities that take place every day. Additionally, you may purchase beauty treatments, massage, and solarium. The Thermae 2000 and Thermae restaurants serve delicious meals every day. These tasty dishes are prepared with fresh ingredients, giving you renewed energy. Join us for a relaxed day being totally and completely spoiled! Price: €49

SHAPE TRIPS & TOURS**Luxembourg**

May 20, 2006 (Sat)
This exciting trip is full of diverse things to see and do in Luxembourg! Go from shopping, to sightseeing, to history. Our first stop of the day is at the Villeroy and Boch factory store. You'll enjoy a bus tour of the city, free time in Luxembourg, American Cemetery of Hamm and Patton's Grave, Echternach, and Bastogne for a visit to the Mardasson Monument. Price: €35

Cologne Day Trip

May 25, 2006 (Thu - SHAPE holiday)
Price: €29

Deep Sea Fishing

May 25, 2006 (Thu - SHAPE holiday)
Includes transportation and fishing boat rental. Price: €49

London Day Trip

May 27, 2006 (Sat)
Price: €36

Normandy Beaches

June 3 - 5, 2006
(Sat - Mon, SHAPE holiday)
An unforgettable weekend filled with historical sites, breathtaking cathedrals and even the oldest tree in France. Guided tours, breakfast, dinner, and overnight stay included. Price: €389 Single, €335 pp double or twin room, €325 pp triple room, €245 / child age 3-12**, €99 / child 0-2**. When sharing a room with two fully paying guests.

Paris Couples Getaway

June 4 - 5, 2006
(Sun - Mon, SHAPE holiday)
Enjoy a romantic getaway! Treat yourself and the one you care about to a relaxing day of shopping, sightseeing, and entertainment in one of the most romantic cities in the world. Enjoy your evening with a starry-eyed walk along the tree lined streets of Paris and an overnight stay at the Officer's Club which offers picturesque views of some of the most beautiful cathedrals in the city. Price: €99 per person, double rooms only.

SHAPE TRIPS & TOURS**Upcoming June Trips****Polish Pottery Express**

June 9 - 11, 2006 (Fri - Sun)

Dover Castle and Canterbury by Ferry

June 10, 2006 (Sat)

Rappelling

June 11, 2006 (Sun)

Black Forest Weekend

June 17 - 18, 2006 (Sat - Sun)

Dinant and Cruise on the Meuse

June 17, 2006 (Sat)

Brugge

June 18, 2006 (Sun)

Harry Potter Tour, England

June 23 - 25, 2006 (Fri - Sun)

Da Vinci Code & Louvre Tour, Paris

June 24, 2006 (Sat)

Warner Bros. Amusement Park

June 30, 2006 (Fri)

ANIMAL SERVICES**Chièvres Veterinary Clinic**

Caserne Daumerie, Bldg. 10
DSN 361-5435; CIV 068-27-5435

Bring your furry friends in for health certificates, vaccinations, on-going medical conditions, nail trimming and ear cleaning. Emergency services are not available, however a list of providers is available upon request. Call the Clinic for more information or to schedule an appointment.

Chièvres Boarding Kennel

Chièvres Air Base, Bldg. 30
DSN 361-5436; CIV 098-27-5436
Mon - Fri, 8:30 a.m. - 4:30 p.m.
Lunch 1 p.m. - 2 p.m.
Sat and Sun, noon - 2:30 p.m.
American and SHAPE holidays
noon - 2:30 p.m.

Whether you're settling into your new home, out-processing or simply going on vacation, we will gladly take care of your pets; from dogs to snakes to goldfish. Please note, no livestock will be accepted.

MWR has your storage needs!

Limited storage units available

Call Now - 0473-68.13.81

Prices Range From \$30 to \$60 a month

SILVER SPOON – HQ Cafeteria

Bldg. 102, SHAPE
DSN 423-5114; CIV 065-44-5114

Breakfast

Mon - Fri, 7:30 a.m. - 10 a.m.

Lunch

Mon - Fri, 11:30 a.m. - 2 p.m.

Café Bar

Mon - Thu, 9 a.m. - 5 p.m.

Fri, 9 a.m. - 3:30 p.m.

The HQ Cafeteria offers a large variety of choices from sandwiches, to hot full-course meals, and a large salad bar. For a menu listing, pick up a SHAPE Community Life magazine or www.shapeonline.net

SHAPE CLUB

Bldg. 903, SHAPE

DSN 361-4133

CIV 065-44-4133

Dining Room Lunch

Mon - Fri, 11:30 a.m. - 1:30 p.m.

Steak Night Thu, 6 p.m. - 9 p.m.

Ballroom is available to rent for receptions. The Namur room at the SHAPE Club is now open as a new dining area. Enjoy our all-inclusive business lunch special for €7.50.

Mons Bar

Mon - Wed, 5 p.m. - 11:30 p.m.

Fri, 3:30 p.m. - midnight for Disco

Nights. Food service available

Mon - Fri, 6 p.m. - 9 p.m.

Happy Hour Wed, 6 p.m. - 7 p.m.

Dart Night every Monday only €5.

Sunday Brunch

Call for reservations.

¡CINCO DE MAYO!**LATIN MUSIC**

FREE MEXICAN FOOD 5:00-7:00 PM

DRINK SPECIALS**Avocado & Feta Salsa**
from Kristina Norwood's Kitchen

2 plum tomatoes
1 ripe avocado (peeled, pitted & crushed)
1/4 cup finely chopped red onion
1 clove garlic minced
1 Tblsp. snipped fresh parsley
1 Tblsp. chopped fresh oregano
1 Tblsp. olive oil
1 Tblsp. red or white vinegar
4 oz. crumbled feta cheese

Gently stir tomatoes, avocado, onion and garlic.

Mix parsley and oregano.

Stir olive oil and vinegar.

Cover and chill 2 - 6 hours.

Serve with fresh veggies or chips.



5 MAY 5:00 PM

PRIME TIME LOUNGE

Caserne Daumerie, Bldg. 7
DSN 361-5540; CIV 068-27-5540

Breakfast

Mon - Fri, 7 a.m. - 9 a.m.

Lunch

Mon - Fri, 11:30 a.m. - 1:30 p.m.

Free Food on Fridays!

5 p.m. - 7 p.m.

Come join the fun every Friday night, 9 p.m. - 2 a.m.

Karaoke, professional pool tables, Internet Café and good music.

Check out what we've got goin' on Saturday nights, 5 p.m. - 11 p.m. Pool Tournaments with chances to win trips to Amsterdam, Paris or London! Live Concert Nights! Designated Drivers drink free non-alcoholic beverages all night long!

SHAPE EVENTS CENTRE

Bldg. 303, SHAPE

Because YOU deserve it, every Friday Night!

Fri, 4 p.m. - 1 a.m.

Happy Hour, 5 p.m. - 6 p.m.

Disco, 9 p.m. - 1 a.m.

Join us for Boogie Nights every Friday night and dance to your favorite tunes!

Claim your Stammtisch table for the night! The SHAPE Events Centre is the perfect place to play pool, darts, and watch your favorite games on the big screen TV or chat with friends.

PEOPLE IN YOUR COMMUNITY

by Johanna Krause

Listening to **Kristina Norwood** talk about cooking is like taking a delicious, if not quite satisfying, journey of the senses. When she describes making one of her favorite dishes, one can almost smell fresh garlic and rosemary, and taste the char-grilled tender chicken breast. The PTL's (Prime Time Lounge) young head chef is indeed passionate about her trade. A graduate of one of Italy's best culinary institutes, Kristina is creating delicious dishes from the juicy Cowboy Burger to sophisticated grilled Alaskan salmon with honey mustard dressing. Kristina insists on using only the freshest of ingredients and praises cooking with extra virgin olive oil due to its distinct flavor and health benefits. Her love of food comes from a rich family tradition and can be traced back to a summer day, many years ago, when as a little girl she climbed onto a stool in grandma's kitchen and learned how to cook pasta with tomato sauce. Despite the hectic nature of her job and the early hours (she starts cooking at 6 a.m.), Kristina enjoys preparing breakfast and lunch at the PTL. "I love seeing people satisfied with what they eat," she says. The number of clients who keep coming back are testimony to her skill and love of cooking. One of her many duties as head chef at the PTL is to plan various menus for special occasions. At the moment she is busy making preparations for the Cinco de Mayo celebration on Friday, May 5. Of course, Mexican food is on the menu and the evening bar will feature a Corona special. Kristina and the PTL staff are looking forward to your visit; be it a special event or just to get a bite to eat.



New to the community?

USAG Benelux Newcomer's Briefing May and June 14, get a complete overview of the military community on SHAPE/Chievres. Come to the Hotel Le Maisières at 8.30 a.m. and find out more about your new neighborhood. The briefing is open to all U.S. ID cardholders. Call CIV 065-44-4332 for more details. All participants are treated to a free lunch, sponsored by Main Gate Insurance, Berghoff and Quality Furniture.

W.E.B. Office Welcoming Everyone to Belgium is located in the Hotel Le Maisières, beside the American Lounge and open Monday through Friday from 9 a.m.- noon. The W.E.B. office is an ACS outreach program connecting community members and providing assistance with services, activities, and information about events in the local area.

Take the Bus Meet outside the Hotel Le Maisières on May 11 and June 15 at 1:30 p.m.. Explore with ACS and learn how to find your way around in the area using the Belgian bus system. To register, call CIV 065-44-4332.

Take the Train Find out how you can discover your new area while traveling around using the Belgian train system on Saturday, May 13 and June 17, 8:30 a.m.- 3:45 p.m. For details, call ACS at CIV 065-44-4332.

Cultural Adaptation Trip Another great opportunity to explore your new surroundings. Get interesting insights about the Belgian culture, eat great waffles, visit a Belgian vintage store or Belgian brewery. Call CIV 065-44-5324 to get register for scheduled trips on May 13 or June 16. Group meets at 8:45 a.m. in front of ACS, Bldg 318, SHAPE.

French HEADSTART A free 30 hour introduction to the French language and Belgian culture. Instructors are French native speakers. The course is mandatory for all USAREUR soldiers E1 to O5. Other active duty military and adult family members may attend on a space available basis and openings may be filled by any member of NATO/SHAPE/Chièvres community. There is no fee and a textbook is provided. Please call the Education Center at CIV 065-44-3466 to register for May and June classes.

Rendez-Vous with French This free course is designed to teach you some key words and phrases in the French language and to give you tips about local customs. Rendez-Vous with French is not a substitute for a language class, but it can assist you on where to find the best language training in the area. Classes are scheduled for May 16 and June 20, 9 a.m. - noon. To sign up, please call the Welcome Everyone to Belgium (WEB) office at the Hotel Le Maisières at DSN 366-6252 or ACS at 423-7598.

SHAPE Language Center Provides language training in English, French, and a variety of other languages namely Dutch, German, Greek, Italian, Spanish, Polish, Portuguese, Turkish, and Russian. This is a wonderful opportunity to learn another language. Receive 50 percent discount on your dependents first English or French beginner course if you sign-up within your first six months in the community. The Language Center offers a Spring/Summer, and Fall/Winter class and is located on SHAPE in Bldg. 211. Call CIV 065-44-4971 for Summer Course Intensives and additional information.

Job Opportunities Workshop Every Wednesday morning the Army Community Service - ACS Employment Readiness Program (located in Bldg 318, Room 118, SHAPE) offers a workshop to assist family members in their job search and career development. The ACS Employment Readiness Program works closely with the Civilian Personnel Advisory Center (CPAC) to provide a full range of employment-related services from building your resume, to working with Resumix and giving tips for a smooth job interview. Active duty service members, civilian employees, retirees, surviving spouses, and family members (to include youth) are eligible to use these services. To register, call CIV 065-44-4904.

Lending Locker Call ACS at CIV 065-44-4332 to borrow items while moving. The Lending Locker is open Mon - Fri, 9 a.m. -1 p.m, located on SHAPE in Bldg. 318 and offers many useful items, including vacuum cleaners, until your household goods arrive.



Spend the summer with CYS Summer Camps! Call for details! 423-3874

MWR Trips & Tours

USAG Schinnen



LOURDES

Fri 14 - Sun 16 July

Weekend trip to Lourdes, France.
\$269 / per person on double occupancy.
Single room supplement \$30 per person.
Includes breakfast and dinner.

Register with full payment by 20 May at the Andre Bruls Fitness Center

PARIS

Saturday 22 July

Express trip to Paris. \$49 per person
Round trip in luxury motorcoach (non smoking)
Assigned seating on first come pay basis.



Register with full payment by 15 July at the Andre Bruls Fitness Center



ROTTERDAM

Saturday 29 July

Day trip to the Summer Carnaval Parade
\$29 per person includes round trip on
luxury motorcoach.

Register with full payment by 22 July at the Andre Bruls Fitness Center

All trips are open to U.S. and NATO ID card holders.
For more information on these trips, stop by the Andre Bruls Fitness Center or call
DSN 360-7561 / Civ 046-443-7561

2006 Independence Day Celebrations

USAG Brussels

Saturday 1 July

11:30 a.m. 'til 10 p.m. at the Brussels American School
A fun day full of activities for the whole family!

SHAPE/Chievres Community

Tuesday 4 July

Noon 'til 11:00 p.m. at the SHAPE GB Shopping Area.
Carnival Rides, Food Booths, Live Entertainment,
Fireworks at 11 p.m. plus MUCH, MUCH MORE!

USAG Schinnen

Saturday 8 July

HQ JFC Brunssum beginning at noon.
Featuring country singer/songwriter Thom Shephard,
The Orlando Magic Cheerleaders, Motorcycle Rally,
and a spectacular fireworks display.

Open to all authorized ID card holders. EFMP accessible.

For more information call MWR

USAG Brussels - DSN 368-9639/CIV 02/717.9639

SHAPE/Chievres - DSN 361-5589/CIV 068/27.5589

USAG Schinnen - DSN 360-7207/CIV 046/443.7207

